

PRODUCT INFORMATION:

Three capsules typically provide:			%NRV*		%NRV*
Vitamin A (5555iu)	1667µg RE	208	Iodine	100µg	67
Vitamin D (100iu)	2.5µg	50	Boron	0.75mg	
Vitamin E (15iu)	10mg α-TE	83	Silicon	27mg	
Vitamin K1	40.2µg	54	Carnitine	15mg	
Vitamin C	145mg	181	Co-enzyme Q10	2mg	
Thiamin (vitamin B1)	3mg	273	Super potency soyagen	25mg	
Riboflavin (vitamin B2)	3mg	214	α-lipoic acid	5mg	
Niacin (vitamin B3)	18mg NE	113	Sage	20mg	
Vitamin B6	5mg	357	Kelp	200mg	
Folic acid	200µg	100	Cranberry extract	10mg	
Vitamin B12	2µg	80	Artichoke	10mg	
Biotin	50µg	100	Dandelion root extract	10mg	
Pantothenic acid (vitamin B5)	5mg	83	Angelica	10mg	
Calcium	120mg	15	Broccoli	10mg	
Magnesium	28.8mg	8	Ginger	10mg	
Iron	4mg	28	Horsetail extract	8.6mg	
Zinc	3.6mg	36	Parsley	30mg	
Copper	330µg	33	Garlic	15mg	
Manganese	0.33mg	17	Capsicum	3mg	
Selenium	75µg	136	Hops	20mg	
Chromium GTF	30µg	75	Bacillus coagulans	50.4 million	
Molybdenum	40µg	80	Citrus bioflavonoids	12mg	

*NRV = Nutrient Reference Value

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, lactose.

STORAGE: Store in a cool, dry place out of reach of children.

Contains vitamin A. Do not take if pregnant or planning pregnancy.

This product is not tested on animals.

HIGHER NATURE®

LIFE STAGE

WISE WOMAN

Complete
multinutrient
for women

44 essential nutrients

90 capsules
vegetarian and vegan



WISE WOMAN
FOOD SUPPLEMENT - 90 CAPSULES

DIRECTIONS: Take 3 capsules a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

INGREDIENTS: Proprietary mixture: magnesium chloride, vitamin C, ferrous fumarate, boric acid, zinc sulphate, vitamin B3, d-alpha tocopherol (**wheat**), copper sulphate, vitamin B2, vitamin B6, **soya**, vitamin B5, folic acid, sodium molybdate, chromium chloride, vitamin B1, citrus bioflavonoids, biotin, manganese chloride, phytonadione, vitamin D12, vitamin D2 with enzyme digested *S.cerevisiae* (**soya**); selenium, beta carotene, co-enzyme Q10 enriched, enzyme digested *S.cerevisiae*; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose; kelp, magnesium ascorbate, bulking agent: microcrystalline cellulose; anti-caking agents: silicon dioxide, magnesium stearate; parsley, carnitine, sage, hops, vitamin A acetate (antioxidant: dl-alpha tocopherol); garlic, broccoli extract, artichoke, dandelion root extract, angelica, cranberry extract, ginger, horsetail extract, α-lipoic acid, bacillus coagulans, capsicum fruit powder. (Allergens in **bold**)

†May not be suitable for people with a fish or crustacean allergy.

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