

FOUNDATIONAL HEALTH

Made with wholesome organic vegetables, fruits and a comprehensive blend of our SuperPure® organic herbs - Vita•Min•Herb® for Women is so much more than a multivitamin. This deeply nourishing and harmonizing formula offers women of all ages complete core nutrients and herbal support for hormonal balance, and for your heart, brain, immune and digestive systems.+

SUGGESTED USE: 4 tablets daily with or without food. For best results, take 2 tablets twice daily.

+These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Synergy Company™

Moab, Utah 84532

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Certified Organic by Oregon Tilth



Vita•Min•Herb®
WOMEN'S MULTIVITAMIN
MADE WITH ORGANIC
VEGETABLES, FRUITS & HERBS

Dietary Supplement - 120 Tablets



Supplement Facts

Serving Size: 4 tablets
Servings per Container: 30

Amount per Serving	% Daily Value
Vitamin A (as beta-carotene) [†] 1,800 mcg RAE with carotenoids	200%
Vitamin C [†] with bioflavonoids 270 mg	300%
Vitamin D3 [†] 50 mcg (2,000 IU)	250%
Vitamin E [†] with tocopherols and tocotrienols 50 mg	333%
Vitamin K1 [†] 240 mcg	200%
Thiamin (B1) [†] 10 mg	833%
Riboflavin (B2) [†] 8 mg	615%
Niacin (as niacinamide) [†] 32 mg NE	200%
Vitamin B6 [†] 13 mg	765%
Folate [†] 800 mcg DFE (480 mcg folic acid)	200%
Vitamin B12 [†] 48 mcg	2,000%
Biotin [†] 60 mcg	200%
Pantothenic Acid [†] 20 mg	400%
Choline [†] 80 mg	15%
Calcium (from Lithothamnion calcareum red algae) [†] 130 mg	10%
Iodine [†] 150 mcg	100%
Magnesium (from Dead Sea mineral concentrate) [†] 85 mg	20%
Zinc [†] 11 mg	100%
Selenium [†] 55 mcg	100%
Copper [†] 0.9 mg	100%
Manganese [†] 2.3 mg	100%
Chromium GTF [†] 35 mcg	100%
Molybdenum [†] 45 mcg	100%

Inositol [†]	7.5 mg ‡
PABA [†]	2.5 mg ‡
Vitamin K2 (as MK-7 from natto)	25 mcg ‡

Organic Energy & Hormonal Balance 425 mg ‡
SuperPure® Extracts: Chaste Tree Berry* 100 mg, Shatavari Root* 75 mg, Rhodiola Root* 75 mg, Wild Yam Root* 50 mg, Ashwagandha Root* 50 mg, Eleuthero Root* 50 mg, Licorice Root* 25 mg

Organic Immune Protection 215 mg ‡
SuperPure® Extracts: Astragalus Root* 125 mg, Eleuthero Root* 40 mg, Holy Basil Leaf* 25 mg, Turmeric (Curcumin) Rhizome* 25 mg

Organic Digestive Ease 200 mg ‡
Acacia* 150 mg, SuperPure® Extracts: Triphala Fruit* 25 mg (Anisa*, Bibhitake (Terminalia berberica)*, Haritake (Terminalia chebula)*), Ginger Rhizome* 12.5mg, Pippali (Piper longum) Fruit* 5mg, Tangerine Peel* 5 mg, Black Pepper Fruit* 2.5 mg

Organic Heart Health 150 mg ‡
SuperPure® Extracts: Hawthorn Berry* 75 mg, Motherwort Aerial* 50 mg, Sacred Lotus Seed* 25 mg

Organic Mind & Brain Support 100 mg ‡
SuperPure® Extracts: Bacopa Leaf* 50 mg, Gotu Kola Aerial* 25 mg, Turmeric (Curcumin) Rhizome* 25 mg

Organic Flower & Spice Essences 15 mg ‡
Fennel Seed*, Calendula Flower*, Lavender Flower*, Passion Flower*, St. John's Flower*, Chamomile Flower*, Rose Flower*, Cardamom Seed*, Chrysanthemum Flower*, Honeysuckle Flower*, Rosemary Leaf*, Clove Bud*, Saffron Flower*, Sage Leaf*

* Cultured in a fermented food matrix: organic soy, organic acacia, organic Saccharomyces cerevisiae, organic maltodextrin, organic orange peel, organic carrot, organic alfalfa, L. acidophilus, B. bifidum, L. rhamnosus, papain & bromelain enzymes

† Certified Organic ‡ Daily Value Not Established

Other Ingredients: Certified organic barley grass, certified organic vegetarian tablet coating
Contains: Certified organic fermented soy No GMOs, Dairy or Gluten

VHMW120 IX