

STORE IN A COOL, DRY PLACE.
Recommendations: As a dietary supplement, take 3 capsules, 1–2 times daily, with meals.

Warning: Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact.
Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.
Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



Women's Nutrients

Multivitamin/mineral complex for women over 40[†]

Gluten-free, Non-GMO & Hypoallergenic
Dietary Supplement

360 CAPSULES



Supplement Facts

Serving size 3 capsules
Servings per container 120

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate)	200 mg	15%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	50 mg	12%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium citrate)	50 mg	1%

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid	37.5 mg	*
Cranberry (Vaccinium macrocarpon) concentrate (fruit)	50 mg	*
MacularSynergy Complex[‡]		
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*
BreastHealth Plus[‡]		
HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg	*
Green tea (Camellia sinensis) leaf (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg	*
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Calcium-D-glucarate	25 mg	*
Cardio Polyphenol Complex[‡]		
Red wine (Vitis vinifera) concentrate (whole grape) (standardized to contain 25% total polyphenols)	50 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
StressCalm Blend[‡]		
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg	*
Lemon balm (Melissa officinalis) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg	*
* Daily value (DV) not established		

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