

CAUTION: If you are pregnant, nursing, under the age of 18, taking medications, or have a known medical condition, you should consult a physician before using this or any dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

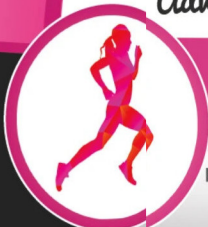


Manufactured for:
Sonora Nutrition
Scottsdale, AZ 85251
www.SonoraNutrition.com


Sonora Nutrition™

MULTIVITAMIN FOR WOMEN

Advanced Time Release



- ✓ Supports Nutritional Balance*
- ✓ Promotes Optimal Health*
- ✓ Boosts Energy*

Natural Dietary Supplement

100
CAPSULES

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 33

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A	25,000 IU 500%	Selenium (as amino acid chelate)	20 mcg 29%
Vitamin C (as ascorbic acid)	60 mg 100%	Copper (as amino acid chelate)	30 mcg 2%
Vitamin D-3 (as cholecalciferol)	400 IU 100%	Manganese (as amino acid chelate)	10 mcg 1%
Vitamin E (as d-alpha-Tocopheryl)	30 IU 100%	Chromium (as amino acid chelate)	120 mcg 100%
Vitamin B-1 (Thiamine HCl)	25 mg 1667%	Molybdenum (as amino acid chelate)	10 mcg 13%
Vitamin B-2 (Riboflavin)	25 mg 1471%	Vanadium (as amino acid chelate)	30 mcg **
Vitamin B-3 (Niacinamide)	50 mg 250%	Boron (as amino acid chelate)	20 mcg **
Vitamin B-6 (Pyridoxine HCl)	50 mg 2500%	Folate (Folic Acid)	400 mcg 100%
Vitamin B-12 (Cyanocobalamin)	200 mcg 3333%	Pantothenic Acid	10 mg 100%
Biotin	300 mcg 100%	Bromelain (from Pineapple stem)	75 mg **
Calcium	200 mg 20%	Omega Fish Oil	120 mg **
Coral Calcium	300 mg **	PABA (Para-Aminobenzoic Acid)	10 mg 12%
Iodine (kelp)	150 mcg 100%	Red Raspberry	100 mg **
Magnesium	150 mg 30%	Wild Yam	100 mg **
Zinc (as zinc oxide)	15 mg 100%	Iron (as Ferrous Gluconate)	2 mg 11%

** Daily Value not established

Other Ingredients: Gelatin, Rice Powder. This product contains shellfish ingredients.

SUGGESTED USE: Adults take 3 capsules daily, preferably with a meal, or as directed by a healthcare professional.

Lot & Expiration