



Suggested usage: 3 tablets 2 times per day with meals or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Women's Plus MultiStart is the perfect foundation multiple including a spectrum of nutrients, herbs, and antioxidants in the ideal ratio and serving.* MultiStart reduces the need for supplemental pills such as calcium and black cohosh, and ensures that these important nutrients, herbs, and antioxidants are delivered to the body, specific to the nutritional needs of women in perimenopause, menopause, and postmenopause.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, gluten, yeast, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



LOT & EXPIRY 1.3125" x .25" Single Line

DIETARY SUPPLEMENT

Women's *Plus* MultiStart®

FOR PERIMENOPAUSE, MENOPAUSE
& POSTMENOPAUSE*

90 Tablets

COMPLETE SPECTRUM



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (25% [750 mcg] vitamin A palmitate & 75% [4500 mcg] beta-carotene)	5250 mcg	583%	Chromium (picolinate)	100 mcg	250%
Vitamin C (ascorbic acid)	300 mg	333%	Molybdenum (citrate)	12.5 mcg	28%
Vitamin D3 (cholecalciferol)	5 mcg (200 IU)	25%	Inositol	50 mg	**
Vitamin E (d-alpha-tocopheryl acid succinate)	67 mg	447%	Ginger Extract 4:1 (root)	50 mg	**
Vitamin K1	30 mcg	25%	Citrus Powder (Citrus limonum, C. sinensis, C. paradisi) (fruit)	50 mg	**
Thiamin (hydrochloride)	50 mg	4,167%	Ginkgo biloba Phytosome (leaf) (soy)	40 mg	**
Riboflavin	5 mg	385%	Fennel Extract 4:1 (seed)	30 mg	**
Niacin (niacin & niacinamide)	30 mg	188%	Licorice Extract 4:1 (root)	30 mg	**
Vitamin B6 (pyridoxine hydrochloride)	30 mg	1,765%	Alfalfa Juice Powder 12:1 (aerial)	25 mg	**
Folate	680 mcg DFE (400 mcg folic acid)	170%	Spirulina Algae Powder (Arthrospira platensis)	25 mg	**
Vitamin B12 (cyanocobalamin)	400 mcg	16,667%	Wheatgrass Juice Powder (Triticum aestivum) (leaf)†	25 mg	**
Biotin	300 mcg	1,000%	Glutamic Acid HCl	25 mg	**
Pantothenic Acid (calcium pantothenate)	50 mg	1,000%	Betaine HCl	25 mg	**
Choline (bitartrate)	50 mg	9%	Black Cohosh Extract 4:1 (root)	20 mg	**
Calcium (carbonate & citrate)	500 mg	38%	Boron (citrate)	1.5 mg	**
Iodine (from kelp)	150 mcg	100%	Silicon (from horsetail, aerial)	0.5 mg	**
Magnesium (oxide & citrate)	150 mg	36%	Lutein (Tagetes erecta) (marigold flowers)	0.5 mg	**
Zinc (citrate)	7.5 mg	88%	Vanadium (citrate)	40 mcg	**
Selenium (chelate)	50 mcg	91%			
Copper (gluconate)	0.75 mg	83%			
Manganese (citrate)	7.5 mg	325%			

Other ingredients: Microcrystalline cellulose, coating [carbohydrate gum [cellulose], glycerin], stearic acid, magnesium stearate (vegetable grade), croscarmellose sodium.

Contains soy.

