

BETTER LIVING BEGINS WITHIN

Almega®PL, our proprietary form of algae Omega-3, offers 50% better absorption than fish or krill oil.¹ For even more support, we added a blend of the most bioavailable forms of vitamins and minerals to boost overall wellness, and cranberry extract to improve bladder function. Sustainably farmed in the USA, iwi algae is cultivated in the desert with saltwater and powered by the sun. Not only do we avoid harming the ocean and the life in it, we also give back 1% of our net sales to Ocean Unite. iwi is good for every living thing. Learn more at:

IWILIFE.COM & OCEANUNITE.ORG



Vegan



Gluten free



Recyclable

Manufactured for iwi® Houston, TX 77056

Made from recycled bottles

¹ (Kagan et al., 2013 Lipids Health Dis)

50% MORE ABSORPTION
SUSTAINABLY SOURCED
PLANT-BASED



iwi

MADE FROM ALGAE
WOMEN'S
COMPLETE MULTIVITAMIN
+ Omega-3



BRAIN*



HEART*



IMMUNITY*



BONES*

60 SOFTGELS, DIETARY SUPPLEMENT

Directions: Take 2 softgels daily.

Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 30

Amount per Serving	% Daily Value
Calories	16
Total Fat	1 g 1%
Cholesterol	7 mg 2%
Vitamin A (beta Carotene)	450 mcg RAE 50%
Vitamin C (Ascorbic Acid)	100 mg 111%
Vitamin D3 (Cholecalciferol)	20 mcg 100%
Vitamin E (d-alpha Tocopherol)	15 mg 100%
Thiamin (Thiamine Mononitrate/Vitamin B1)	5 mg 42%
Riboflavin (Vitamin B2)	5 mg 36%
Niacin (as Nicotinamide/Vitamin B3)	5 mg 31%
Vitamin B6 (Pyridoxal 5' Phosphate)	2 mg 112%
Folate (Calcium L-5-methyltetrahydrofolate)	400 mcg DFE (800 mcg folic acid) 100%
Vitamin B12 (Methylcobalamin)	2 mcg 82%
Biotin	25 mcg 82%
Calcium (Calcium Citrate)	50 mg 4%
Magnesium (Magnesium Citrate)	10 mg 2%
Zinc (Zinc Oxide)	5 mg 45%
Selenium (Sodium Selenate)	25 mcg 45%
Copper (Copper Bisglycinate Chelate)	5 mg 56%
Manganese (Manganese Bisglycinate Chelate)	1 mg 43%
Chromium (Chromium Nicotinate Glycinate Chelate)	25 mcg 71%
Cranberry Extract	50 mg
Algae Oil	820 mg
Total Omega Fatty Acids	334 mg
Omega 3 Fatty Acids	281 mg
EPA (Eicosapentaenoic Acid)	80 mg
DHA (Docosahexaenoic Acid)	200 mg
Other Omega 3s	1 mg
Omega 6 Fatty Acids	16 mg
Omega 7 Fatty Acids	29 mg
Omega 9 Fatty Acids	8 mg
Polar Lipids	48 mg
Chlorophyll	5 mg

* Percent Daily Values are based on a 2,000-calorie diet
† Daily Value not established.

Other Ingredients: Softgel Shell: (non-GMO Modified cornstarch, Glycerin, Seaweed Extract, Purified Water); Excipients: Sunflower Seed Oil, Candelilla Wax, Sunflower Lecithin, Olive Oil
Contains no: Sugar, Gelatin, Nuts, Wheat, Yeast, Pollen, Dairy, Hidden Additives or Artificial Flavors or Colors.

Keep out of the reach of children. Store in a cool, dry place. Do not use if seal is broken or missing.

* 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.