

Amount per Serving	% DV
Vanadium (as vanadyl sulfate) 66.6 mcg **	
Zeaxanthin (from Aztec Marigold Extract) Flower 50 mcg **	

*Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, stearic acid, silica

Warning: Do not use if you are pregnant, nursing, or if you have known hypersensitivity to iodine or hyperthyroidism. If you have a blood clotting or bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy, or artificial colors.

*Trademark of its respective company.

◆ LS00080.T01 BLK8T



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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturasway.com

SINCE 1969 Nature's Way

DOCTOR'S choice[™] multivitamin

45+ WOMEN

DAILY SUPPORT FOR:

BALANCED NUTRITION
IMMUNE SUPPORT*
CELLULAR ENERGY*

180 TABLETS

DIETARY SUPPLEMENT

*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.

Recommendation: Women take 4 tablets daily, with food. May take 2 tablets twice daily. Not formulated for men or children. Do not exceed recommended dose.

Supplement Facts

Serving Size 4 Tablets / Servings per Container 45

Amount per Serving	% DV
Calories 5	
Total Carbohydrate 2 g	1%†
Vitamin A (as 75% beta carotene and 25% retinyl acetate) 1,000 mcg	111%
Vitamin C (ascorbic acid) 200 mg	222%
Vitamin D3 (as cholecalciferol) 13.3 mcg	67%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols) 26.8 mg	179%
Vitamin K (as phytonadione) 80 mcg	67%
Thiamin (vitamin B1) 40 mg	3,333%
Riboflavin (vitamin B2) 40 mg	3,077%
Niacin (as niacinamide and niacin) 60 mg	375%
Vitamin B6 (as pyridoxine HCl) 16.6 mg	976%
Folate 667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin) 533.3 mcg	22,221%
Biotin 400 mcg	1,333%
Pantothenic Acid (as calcium D-pantothenate) 33.3 mg	666%
Choline (as choline bitartrate) 143.3 mg	26%
Calcium (as calcium carbonate, tricalcium phosphate, calcium citrate) 533.3 mg	41%
Iodine (as potassium iodide) 300 mcg	200%

Amount per Serving	% DV
Magnesium (as magnesium aspartate and magnesium oxide) 200 mg	48%
Zinc (as zinc gluconate) 10 mg	91%
Selenium (as L-selenomethionine) 133.3 mcg	242%
Copper (as copper gluconate) 1.3 mg	144%
Manganese (as manganese citrate) 1.3 mg	57%
Molybdenum (as sodium molybdate) 50 mcg	111%
Potassium (as potassium carbonate and potassium aspartate) 115 mg	2%
Cinnamon (Cinnamomum spp.) Bark Extract 200 mg	**
Ginger Rhizome Extract 60 mg	**
Protective Blend: sweet cherry fruit extract, grape seed extract, pomegranate fruit extract, Japanese knotweed root extract standardized to 50% resveratrol (2 mg) 58.7 mg	**
Vegetable Blend: broccoli, cabbage, carrot, collard greens, radish, tomato, mustard greens, kale, spinach 33.3 mg	**
Inositol 20 mg	**
Betaine HCl 16.6 mg	**
Cranberry Fruit 16.6 mg	**
Bilberry Fruit Extract 6.6 mg	**
Boron (as boric acid and citric acid blend) 2 mg	**
Lutein (from Aztec Marigold Extract) Flower 1 mg	**
Silicon (as magnesium silicate) 666.6 mcg	**



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For more than 20 years, Doctor's Choice[™] multivitamins have been a smart choice for consumers who want a total-body wellness formula with the unique blend of vitamins, minerals and other select nutrients specially tailored to their age and gender.

Doctor's Choice for 45+ Women — Nutrition That Delivers —

In addition to providing a full range of essential vitamins and minerals, Doctor's Choice 45+ Women offers:

- Antioxidants Vitamin C, Vitamin E & Selenium
- Betaine HCl to support digestion*
- Vegetable Blend with broccoli, cabbage, carrot, and more

Each tablet also contains cranberry and whole-some ingredients like bilberry, lutein and zeaxanthin to comprise a comprehensive multivitamin that delivers:

- Immune support*
- Conversion of food into cellular energy*
- Balanced nutrition

It is the right choice for better living!

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