



LongevityTM WOMEN

WOMEN'S MULTIVITAMIN & MINERAL SUPPLEMENT

WITH A VAST BASE OF SUPERFOODS & SUPERIOR HERBS FOR AMAZING ENERGY WELLBEING*

120 TABLETS | 30 SERVINGS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (10,000 IU).....	6,000 mcg.....	667%
Vitamin C (as ascorbic acid, camu camu berry extract).....	225 mg.....	250%
Vitamin D3 (as VitaShine TM vegan cholecalciferol) (1000 IU).....	25 mcg.....	125%
Vitamin E (as d-alpha tocopheryl succinate) (200 IU).....	166 mg.....	1107%
Thiamine (Vitamin B1) (as thiamine mononitrate).....	31 mg.....	2583%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate).....	34 mg.....	2615%
Niacin (as niacinamide, niacin).....	100 mg.....	625%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate).....	42 mg.....	2471%
Folate (as Quatrefolic [®] (6S)-5-Methyltetrahydrofolate, glucosamine salt).....	400 mcg.....	100%
Vitamin B12 (as methylcobalamin).....	200 mcg.....	8333%
Biotin (as d-biotin).....	1000 mcg.....	3333%
Pantothenic acid (as d-calcium pantothenate).....	90 mg.....	1800%
Calcium (as Calcium citrate, d-calcium pantothenate).....	150 mg.....	12%
Iodine (from North Atlantic kelp).....	150 mcg.....	100%
Magnesium (as Magnesium oxide, citrate).....	200 mg.....	47%
Zinc (as Zinc lactate).....	15 mg.....	136%
Selenium (as Selenium l-methyl selenocysteine).....	200 mcg.....	364%
Copper (as Copper sebacate).....	1 mg.....	111%
Manganese (as Manganese citrate).....	2 mg.....	87%
Chromium (as Chromium polynicotinate).....	200 mcg.....	571%
Molybdenum (as Molybdenum glycinate).....	75 mcg.....	167%
Potassium (as Potassium citrate).....	30 mg.....	<2%

SuperFood Complex 943.8 mg *

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin

Herbal Extracts 550 mg *

Atractylodes extract (root), Codonopsis extract (root), Dong quai extract (root), Longan extract (fruit), White peony extract (root), Chaste tree extract (fruit), Lovage extract (root), Green tea extract (leaf), Aged tangerine extract (peel)

	Amount Per Serving	%DV
Co-Nutrients	410.3 mg	*
Mixed tocopherol complex, Sunflower lecithin (source of phosphatidylcholine), Inositol, Octacosanol		
Antioxidants	265 mg	*
N-Acetyl-Cysteine, Acetyl-L-Carnitine, MSM, Gamma oryzanol, L-Carnosine, Alpha lipoic acid		
Female Support Factors	231 mg	*
Organic Kudzu extract (root), Ipriflavone, German chamomile extract (flower), Raspberry extract (leaf), Lycopene		
Immune Factors	200 mg	*
Agaricus blazei murrill extract (fruiting body), Cordyceps extract (mycelia), Aloe vera extract (leaf), Maitake extract (fruiting body), Turkey tail extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Laminaria japonica extract		
Bioflavonoids	100 mg	*
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Fruit Extracts	90 mg	*
Rosemary extract (leaf), Mangosteen fruit extract, Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend, Organic Bilberry extract (fruit)		
Detoxification & Liver Support	80 mg	*
Milk thistle extract (fruit and seed)		
Digestive Aids/Enzymes	26.5 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine [®])		
Carotenoids	4.7 mg	*
Lutein (FloraGLO [®]), Astaxanthin, Zeaxanthin		
Minerals	4 mg	*
Boron (as Boron glycinate), Bamboo extract (stem and leaf), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

Other Ingredients: silicon dioxide, stearic acid, croscarmellose sodium, cellulose, Hecine

Formulated & Distributed By:
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LongevityTM Women delivers a superb blend of vitamins and minerals in a vast base of SuperFoods, adaptogens, Superior Herbs, whole fruit extracts, mushrooms and trace minerals. This base is up to 100 times stronger than those in other leading brands, and makes a difference you'll feel in days.* It supports:

- ✓ Bone Health*
- ✓ Vision Health*
- ✓ Healthy Immune Response*
- ✓ Robust Energy Levels & Vitality*

Suggested Use: Four tablets once daily. May be taken with a meal or on an empty stomach. May be taken in divided doses.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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.

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EXPIRATION & LOT #

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