



One 'n' Only™ WOMEN

ONCE-DAILY
WHOLE FOOD BASED MULTIVITAMIN

SUPPORTS GENERAL HEALTH,
INCREASED ENERGY, IMMUNE
FUNCTION, STRESS RESPONSE*

90 TABLETS | 90 SERVINGS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (7500 IU)	4500 mcg ..	500%
Vitamin C (as Calcium ascorbate)	120 mg	133%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate) (100 IU)	83 mg	553%
Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)	23.25 mg	1938%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5-phosphate)	25.5 mg .	1962%
Niacin (as niacin, niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	31.5 mg .	1853%
Folate (as L-5-Methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg ..	4167%
Biotin (as d-biotin)	300 mcg ..	1000%
Pantothenic acid (as d-calcium pantothenate)	30 mg	600%
Iron (as Iron bis-glycinate)	9 mg	50%
Iodine (from North Atlantic kelp)	150 mcg ..	100%
Magnesium (as Magnesium oxide, citrate)	25 mg	6%
Zinc (as Zinc lactate)	15 mg	136%
Selenium (as Selenium l-methyl selenocysteine)	150 mcg ..	273%
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%

SuperFood Complex 293 mg *

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

Herbal Extracts 210 mg *

Codonopsis extract (root), Chaste tree extract (fruit), Dong quai extract (root), Astragalus extract (root), Milk thistle extract (fruit and seed), Schizandra extract (fruit and seed), White peony extract (root)

	Amount Per Serving	%DV
Female Support Factors	160 mg	*
Ipriflavone, German chamomile extract (flower), Kudzu extract (root), Raspberry extract (leaf)		
Immune Factors	115 mg	*
Cordyceps extract (mycelia), Aloe vera extract (leaf), Agaricus blazei murrill extract (fruiting body), Maitake extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Turkey tail extract (fruiting body)		
Co-Nutrients	70 mg	*
Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)		
Fruit Extracts	60 mg	*
Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend; Mangosteen fruit extract		
Bioflavonoids	30 mg	*
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Digestive Aids/Enzymes	17.5 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)		
Minerals	520 mcg	*
Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

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

Formulated & Distributed By:

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

With over 11,800 mg of whole food value, One 'n' Only™ Women combines vitamins, minerals, Organic Superfoods, Superior Herbs, cell protecting antioxidants and uniquely feminine factors into an amazing one-daily multivitamin and mineral complex to support:

- ✓ Energy Levels*
- ✓ Immune & Stress Response*
- ✓ Bone, Breast & Digestive Health*
- ✓ Hormone Balance*
- ✓ General Metabolism*
- ✓ Cellular Health*

Suggested Use: One tablet daily. May be taken with a meal or on an empty stomach.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. Not intended for use during pregnancy.

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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