

90 Capsules



**SOLARAY®**  
DIETARY SUPPLEMENT

# Women's Golden multivitamin

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Do not use if you are pregnant.

**Directions:** Use only as directed. Take three capsules daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 30

|                                                                    | Amount Per Serving | % Daily Value |
|--------------------------------------------------------------------|--------------------|---------------|
| Vitamin A (Beta Carotene, Retinyl Palmitate)                       | 10,000 IU          | 200%          |
| Vitamin C (as Ascorbic Acid)                                       | 400 mg             | 667%          |
| Vitamin D (as Natural Cholecalciferol) (D-3)                       | 400 IU             | 100%          |
| Vitamin E (as d-Alpha Tocopheryl Succinate)                        | 400 IU             | 1,333%        |
| Thiamine (as Thiamine Mononitrate) (B-1)                           | 25 mg              | 1,667%        |
| Riboflavin (B-2)                                                   | 25 mg              | 1,471%        |
| Niacin (as Niacinamide) (B-3)                                      | 40 mg              | 200%          |
| Vitamin B-6 (as Pyridoxine HCl)                                    | 25 mg              | 1,250%        |
| Folate (as Folic Acid)                                             | 400 mcg            | 100%          |
| Vitamin B-12 (Cyanocobalamin)                                      | 200 mcg            | 3,333%        |
| Biotin                                                             | 300 mcg            | 100%          |
| Pantothenic Acid (as Calcium d-Pantothenate)                       | 25 mg              | 250%          |
| Calcium (as Calcium Citrate, Calcium Malate, Calcium Carbonate)    | 75 mg              | 8%            |
| Iodine (as Potassium Iodide and from Kelp [ <i>Laminaria</i> spp.] | 150 mcg            | 100%          |
| Magnesium (as Magnesium Oxide, Magnesium Citrate)                  | 40 mg              | 10%           |
| Zinc (as Zinc Citrate)                                             | 12 mg              | 80%           |

**Other Ingredients:** Gelatin Capsule, Soy, Rice Bran Extract, Sucrose, Silica and Cellulose.

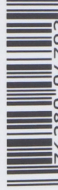
These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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### Comments or Questions:

Solaray  
Park City, UT 84098 USA  
800-538-5888  
[www.solaray.com](http://www.solaray.com)



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