Suggested Usage: Take 3 softgels daily with food. These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results.
Natural color variation may occur in this product.
Store in a cool, dry place after opening.

Distributed by ALTRUM Nutrition
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Superior, WI 54880
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Product Code – ALWM
REV: 4

ALTRUM®

WOMEN'S MULTI

- With Iron
- Easier to Absorb & Swallow
- With Evening Primrose, Cranberry, Green Tea & CoQ10

GMP

A Dietary Supplement 90 Softgels

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%*
Protein	1 g	
Vitamin A (100% as Beta-Carotene) (Betatene®)	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	200 mg	222%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K-1 (as Phytonadione)	35 mcg	29%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as Methylcobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Aquamin® Seaweed Derived Minerals, Cal. Carbonate, Ascorbate, Pantothenate)	140 mg	11%
Iron (from Ferrous Bisglycinate) (Ferrochel™)	6 mg	33%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Mag. Citrate, Mag. Oxide and Aquamin® Seaweed Derived Minerals)	100 mg	24%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Selenium (from Selenium Glycinate) (Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	343%
Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	< 1%
Evening Primrose Oil (*Oenothera biennis*) (Seed)	500 mg	†
Cranberry Concentrate (*Vaccinium macrocarpon*) (Fruit)	100 mg	†
Horsetail Extract (*Equisetum arvense*) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Grape Seed Extract (*Vitis vinifera*)	25 mg	†
Green Tea Extract (*Camellia sinensis*) (Leaf)	25 mg	†
Inositol	25 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (from Tomato Extract) (LYC-O-MATO®)	500 mcg	†
Lutein (from Marigold Flowers Extract) (*Tagetes erecta*) (FloraGLO®)	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 mcg	†

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

Other ingredients: Softgel Capsule (bovine gelatin (BSE-free), glycerin, water, carob), Flax Seed Oil, Soy Lecithin and Beeswax.

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.