

Dr. Sinatra's **Heart Healthy Multivitamin™ Women** is a Daily Essential formula. It provides daily nutrition with added support for heart, bone, and overall health.[†]

UNCONDITIONALLY GUARANTEED

for purity and labeled potency. Store bottle in a cool, dry place.

Precautions: Consult a health care practitioner before use if you're pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

 Quatrefolic[®] is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

[†]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.



Dr. Sinatra

AMERICA'S INTEGRATIVE CARDIOLOGIST™



Heart Healthy Multivitamin™

Women

Dietary Supplement

90 Tablets

Doctor's Suggested Use: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (from beta carotene, retinyl palmitate)	1,500 mcg RAE 194%	Selenium (as selenomethionine)	100 mcg 182%
Vitamin C (as mineral ascorbates, ascorbic acid)	400 mg 444%	Copper (as gluconate)	1 mg 111%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU) 125%	Manganese (as gluconate)	1.4 mg 61%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg 447%	Chromium (as polynicotinate)	200 mcg 571%
Thiamine (as mononitrate)	20 mg 1,667%	Molybdenum (as chelate)	80 mcg 178%
Riboflavin	20 mg 1,538%	Women's Heart Healthy Blend	460 mg *
Niacin (as niacinamide)	40 mg NE 250%	Citrus Bioflavonoids (40% hesperidin), Grape Seed Extract, Olive Extract (leaf), Artichoke Extract (leaf and flower), Pomegranate Extract (fruit), Turmeric Extract (rhizome), Black Cherry Extract (fruit), Cocoa Powder (bean), Mixed Tocopherols	
Vitamin B6 (as pyridoxine hydrochloride)	40 mg 2,353%	Cranberry Extract (fruit)	100 mg *
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic [®])	170 mcg DFE 43%	Women's Health Blend	100 mg *
Vitamin B12 (as methylcobalamin)	250 mcg 10,417%	Flax Powder (hull), Broccoli Extract (flower)	
Biotin	500 mcg 1,667%	Silicon (as dioxide)	17 mg *
Pantothenic Acid (as calcium pantothenate)	40 mg 800%	Lutein (from marigold flower)	2 mg *
Calcium (as carbonate, ascorbate)	200 mg 15%	Vanadium (as sulfate)	200 mcg *
Iodine (from potassium iodide)	200 mcg 133%		
Magnesium (as oxide, ascorbate)	250 mg 60%		
Zinc (as oxide)	15 mg 136%		

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, beeswax, carnauba wax

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www.healthydirections.com



Lot No.

Expiration Date

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