



BONE
HEALTH*



BRAIN
HEALTH*



EYE
HEALTH*



HEART
HEALTH*

WOMEN'S 50+ COMPLETE

ONCE-DAILY MULTI
for Active Women Over 50
Dietary Supplement

30 TABLETS



Supplement Facts

Serving Size: 1 Tablet
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate and 33% Beta Carotene)	1260 mcg RAE 140%
Vitamin C (as Ascorbic Acid)	120 mg 133%
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU) 125%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 mcg 200%
Vitamin K (as Phytonadione)	20 mcg 17%
Thiamine (Vitamin B1) (as Thiamine Mononitrate)	4.5 mg 375%
Riboflavin (Vitamin B2)	3.4 mg 262%
Niacin (as Niacinamide)	20 mg NE 125%
Vitamin B6 (as Pyridoxine HCl)	6 mg 353%
Folate (400 mcg Folic Acid)	666 mcg DFE 167%
Vitamin B12 (as Cyanocobalamin)	25 mcg 1042%
Biotin	30 mcg 100%
Pantothenic acid (as Calcium D-Pantothenate)	15 mg 300%
Calcium (as Calcium Carbonate)	500 mg 38%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Oxide)	24 mg 218%
Selenium (as Sodium Selenate)	27 mcg 49%
Copper (as Cupric Sulfate)	2.2 mg 244%

Manganese (as Manganese Sulfate)	4.2 mg	183%
Chromium (as Chromium Chloride)	180 mcg	514%
Molybdenum (as Sodium Molybdate)	90 mcg	200%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, polyethylene glycol, titanium dioxide, FD&C Red #40, riboflavin.

Directions: As a dietary supplement for adults, take 1 tablet daily with a meal or as directed by a healthcare professional.

WARNING: Do not take this product if you are pregnant or nursing. Consult a healthcare professional before taking this product if you are taking medication or have a health condition.

Store at room temperature.
Protect from light.
Keep out of reach of children.

* 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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