

ANCIENT MULTI

Women's Once Daily

20 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Vitex Extract
Methylated Folate



WHOLE FOOD DIETARY
SUPPLEMENT | 30 CAPSULES



Suggested Use: Adults take 1 capsule per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	1,449 mcg	161%
Vitamin C*	32.8 mg	36%
Vitamin D*	48.9 mcg	244%
Vitamin E (as d-alpha tocopherol succinate)	23.6 mg	157%
Vitamin K (as menaquinone-7)	82.8 mcg	69%
Thiamin*	2.1 mg	174%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	389%
Niacin (as niacinamide*)	5.8 mg	36%
Vitamin B6 (as pyridoxine-5 phosphate)	16.8 mg	991%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	892.3 mcg DFE	223%
Vitamin B12 (as methylcobalamin)	9.4 mcg	391%
Biotin*	140.6 mcg	469%
Pantothenic acid*	6.9 mg	139%
Calcium (from organic eggshell)	25 mg	2%
Iron**	6 mg	33%
Magnesium**	12 mg	3%
Zinc**	5 mg	45%
Selenium*	73.9 mcg	134%
Manganese*	1 mg	43%
Chromium*	20 mcg	57%

TCM Women's Blend

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Bovine Liver, Organic Lycium Berry Extract, Organic Chastetree Berry Extract, Organic Schisandra Berry Extract, Organic Astragalus Root Extract, Organic Chinese Yam Root Extract, Chicken Bone Broth, Beef Bone Broth, Organic Reishi Mushroom Extract, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, beef gelatin.

*Probiotic Fermented Nutrient **Enzyme Activated Mineral
(6S)-5-methyltetrahydrofolate, glucosamine salt is protected by US Patent No. 7,947,662

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: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. **Keep out of reach of children.** Store in a cool, dry place. Do not use if safety seal is broken or missing. Made without dairy or soy ingredients, tree nuts, or filler ingredients, nor artificial colors, flavors, sweeteners or preservatives. Manufactured in a facility that also processes milk, soy, wheat and tree nuts.

BL-TCM3261-100220

Manufactured for:



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