

100% NATURAL NON-GMO GLUTEN FREE

GLUTEN FREE DAIRY FREE NO FILLERS

NO FILLERS NO ADDITIVES



WHOLE ... FOOD ... MULTIVITAMIN

Made with Real Vegetables & Fruits
With Essential Vitamins And Minerals

FOR WOMEN

FOR A HEALTHIER YOU!*

INSTRUCTIONS: As a dietary supplement, adults should take four (4) capsules per day, or as directed by a physician. For maximum effect, take daily for at least 30 days.

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: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

*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.

NO ARTIFICIAL COLORS OR FLAVORS, CHEMICAL PRESERVATIVES, DAIRY, SOY OR GLUTEN

Distributed by: **HerbTonics®**
Twinsburg, Ohio, 44087
1-800-706-2790
For questions or inquiry contact us at: info@herbttonics.com



Quatrelco® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,862.
Aquamir® is a registered trademark of Marigot Ltd.



Dietary Supplement
120 Vegetarian Capsules

Supplement Facts

Amount Per Serving	%DV
Iron (as Iron-Cysteine from D. salina)	250 mcg RAE 28%
Vitamin C (from Ascorbic Cherry)	150 mg 167%
Vitamin D3 (as Cholecalciferol from Lichen)	25 mcg 125%
Vitamin E (from Rice Bran)	20 mg 133%
Vitamin K2 (as Menaquinone-7 from A. brevis)	80 mcg 67%
Vitamin B12 (as Methylcobalamin)	4 mg 333%
Vitamin B6 (as Pyridoxal 5-Phosphate [P-5-P])	3 mg 231%
Vitamin B9 (as Methylcobalamin)	20 mg 125%
Vitamin B1 (as Thiamine)	4 mg 235%
Vitamin B2 (as Riboflavin)	667 mcg DFE 167%
Vitamin B3 (as Nicotinamide)	15 mcg 625%
Vitamin B5 (as Panthothenic Acid)	300 mg 1,000%
Vitamin B7 (as Biotin)	20 mg 400%
Vitamin B11 (as Methylcobalamin)	23 mg 4%
Vitamin B12 (as Methylcobalamin)	200 mg 15%
Vitamin C (from Ascorbic Cherry)	14 mg 78%
Vitamin D3 (as Cholecalciferol from Lichen)	100 mg 8%
Vitamin E (from Rice Bran)	150 mg 100%
Vitamin K2 (as Menaquinone-7 from A. brevis)	180 mg 43%
Vitamin B12 (as Methylcobalamin)	15 mg 136%
Vitamin B6 (as Pyridoxal 5-Phosphate [P-5-P])	70 mg 127%
Vitamin B9 (as Methylcobalamin)	0.9 mg 100%
Vitamin B1 (as Thiamine)	1.8 mg 78%
Vitamin B2 (as Riboflavin)	108 mcg 309%

Ingredients: Methylcellulose Capsule