

FIT WOMEN™ IS FORMULATED TO PROVIDE A POTENT DOSE OF ESSENTIAL VITAMINS, MINERALS, AND CAROTENOIDS TO MEET THE DAILY NEEDS OF WOMEN!

DIRECTIONS: Adults - Take 3 capsules daily with food. Not formulated for use in children.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING. Consult your doctor prior to use if you have or are at risk for prostate disease, heart disease, or any other general medical condition. Consult your doctor prior to use if you're taking any other medications. Do not exceed suggested dosage.

CAUTION: Persons or athletes that are subject to performance enhancement testing should consult with their sanctioning body before use. NOT suitable for persons under the age of 18 years old.

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.

888-839-7962
Norcross, GA 30071
FNUTRITION.COM



90 Capsules

FORMUTECH™ NUTRITION
FIT WOMEN™
MULTI VITAMIN

INCREASE ENERGY NATURALLY!
SCIENTIFICALLY FORMULATED!
PERFORMANCE BLEND!

Dietary Supplement

SUPPLEMENT FACTS

Serving Size: 3 Capsule
Servings per Container: 30

	Amt Per Serving	%DV
Vitamin A	5mg	100%
Vitamin C (Ascorbic Acid)	1,000mg	1667%
Vitamin D3 (Cholecalciferol)	1.6mcg	400%
Vitamin E (DL-Alpha-Tocopherol)	600mg	300%
Vitamin B1 (Thiamine HCl)	25mg	1667%
Vitamin B2 (Riboflavin)	25mg	1471%
Vitamin B3 (Niacin)	25mg	125%
Vitamin B6 (Pyridoxine HCl)	25mg	1250%
Vitamin B9 (Folic Acid)	0.4mg	100%
Vitamin B12 (Cyanocobalamin)	0.25mg	4167%
Biotin 1%	50mcg	167%
Vitamin B5 (Pantothenic Acid)	25mg	250%
Calcium (Calcium Carbonate)	250mg	25%
Magnesium (Magnesium Oxide)	100mg	25%
Zinc (Zinc Gluconate)	30mg	200%
Copper (Copper Citrate)	2mg	100%
Manganese (Manganese Gluconate)	1mg	50%
Chromium (Chromium Picolinate)	0.2mg	167%
Vanadyl Sulfate	12.55mg	**
Lutein 5%	20mg	**
Lycopene 5%	20mg	**
L-Leucine	37.5mg	**
L-Valine	12.5mg	**
Alpha Lipoic Acid	0.051mg	**
Coenzyme Q10 (Ubiquinone)	20mg	**
Green Tea (Epigallocatechin Gallate)	5mg	**
Pomegranite (40% punic / 40% Ellagic)	0.5mg	**
Resveratrol	37.5mg	**

**%DV based on a 2,000 calorie diet.

***DV not established.

Other Ingredients: Flour (wheat), Gelatin, Titanium Dioxide