

Other ingredients: Croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol.

Contains: Soy

Directions: As a dietary supplement for adults, take 2 tablets daily with meals or as directed by a healthcare professional.

Do not use if you are pregnant or nursing. Protect from light.

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: Bee Pollen is known to cause allergic reactions in certain allergy-prone individuals. If you are susceptible to bee or pollen-type allergies, please use caution when taking this product.

100% Satisfaction Guaranteed

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by Futurebiotics®
Hauppauge NY 11788 • www.futurebiotics.com
800-FOR-LIFE • (800-367-5433)



FB020 REF 0519

Futurebiotics

ADVANCED WOMEN'S FORMULA

MULTI VITAMIN ENERGY PLUS®

Daily Multinutritional Vitamin
& Mineral Supplement
Antioxidant Rich*

Dietary Supplement
60 Tablets

Supplement Facts

Serving Size 2 Tablets

Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin A (from beta-carotene)	5100 mcg RAE 567%
Vitamin C (from ascorbic acid & acerola fruit extract)	225 mg 250%
Vitamin D (as cholecalciferol)	10 mcg (400 IU) 50%
Vitamin E (as natural mixed tocopherols)	20 mg 133%
Thiamin (Vitamin B1) (as Thiamine Mononitrate)	12.5 mg 1042%
Riboflavin (Vitamin B2)	12.5 mg 962%
Niacin (as niacinamide)	50 mg NE 313%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg 882%
Folate (as 400 mcg Folic Acid)	666.8 mcg DFE 167%
Vitamin B12 (as cyanocobalamin)	30 mcg 1250%
Biotin	300 mcg 1000%
Pantothenic Acid (as d-calcium pantothenate)	25 mg 500%
Choline (as choline bitartrate)	150 mg 27%
Calcium (from calcium carbonate and dicalcium phosphate)	625 mg 48%
Iron (as ferrous bisglycinate chelate)	8 mg 44%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium oxide and ascorbate)	150 mg 36%
Zinc (as zinc bisglycinate chelate)	15 mg 136%
Selenium (as selenium l-selenomethionine)	75 mcg 136%
Chromium (as chromium polynicotinate)	60 mcg 171%
Potassium (as potassium chloride)	90 mg 2%
Inositol	30 mg †
para-Aminobenzoic acid	30 mg †
Ribonucleic acid (RNA)	85 mg †
Energy Plus Blend	50 mg †
Dong Quai root; L-Methionine; Chamomile flower; Rosemary leaf; Bee Pollen;	74 mg
White Peony root; Chlorella; American Ginseng root; Dandelion root; Licorice	
root; Betaine hydrochloride; Alfalfa leaf concentrate.	

† Daily Value not established