

ANCIENT
NUTRITION

ANCIENT MULTI

Women's 40+

20 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Vitamin K2 (MK-7)



WHOLE FOOD DIETARY
SUPPLEMENT | 90 CAPSULES

Suggested Use: Adults take 3 capsules per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	2,905 mcg	323%
Vitamin C*	65.6 mg	73%
Vitamin D*	61.1 mcg	306%
Vitamin E (as d-alpha tocopherol succinate)	23.6 mg	157%
Vitamin K (as menaquinone-7)	86.4 mcg	72%
Thiamin*	5.9 mg	495%
Riboflavin (as riboflavin-5 phosphate)	6.5 mg	500%
Niacin (as niacinamide*)	14.4 mg	90%
Vitamin B6 (as pyridoxal-5 phosphate)	34 mg	2001%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	892.3 mcg DFE	223%
Vitamin B12 (as methylcobalamin)	9.4 mcg	391%
Biotin*	281.3 mcg	938%
Pantothenic acid*	12.9 mg	257%
Calcium (from organic eggshell)	85 mg	7%
Iron**	6 mg	33%
Iodine**	159.5 mcg	106%
Magnesium**	29 mg	7%
Zinc**	10 mg	91%
Selenium*	99.9 mcg	182%
Manganese*	2 mg	87%
Chromium*	69.3 mcg	198%

TCM Women's 40+ Blend

669 mg +
Bovine Liver, Organic Foti Root Extract, Organic Schisandra Fruit and Seed Extract, Organic Goji Berry Extract, Organic Chastetree Berry Extract, Organic Sage Leaf Extract, Organic Chinese Yam Root Extract, Beef Bone Broth, Chicken Bone Broth, Organic Reishi Mushroom Extract, Organic Astragalus Root Extract, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, beef gelatin.

*Probiotic Fermented Nutrient **Enzyme Activated Mineral Contains: Egg, Hake, (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, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. Keep out of reach of children. Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

Manufactured for:



Ancient Nutrition, LLC
2000 Mallory Lane
Suite 130-307
Franklin, TN 37067
www.AncientNutrition.com

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