

Almost Out? Call 1-800-304-1708 or visit drsinatra.com

Heart Healthy Multivitamin™
Women is a Daily Essential formula. It provides daily nutrition with added support for heart, bone, and overall health.†

UNCONDITIONALLY GUARANTEED
for purity and labeled potency. Store bottle in a cool, dry place.

Precautions: Consult a health care practitioner before use if you're pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

☿ **Quatrefolic®** is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

†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.



Dr. Sinatra
AMERICA'S INTEGRATIVE CARDIOLOGIST™



Heart Healthy Multivitamin™

Women

Dietary Supplement

90 Tablets

Doctor's Suggested Use: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving		% DV
Vitamin A (from beta carotene, retinyl palmitate)	1,500 mcg RAE	194%
Vitamin C (as mineral ascorbates, ascorbic acid)	400 mg	444%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamine (as mononitrate)	20 mg	1,667%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide)	40 mg NE	250%
Vitamin B6 (as pyridoxine hydrochloride)	40 mg	2,353%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic®)	167 mcg DFE	42%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium pantothenate)	40 mg	800%
Calcium (as carbonate, ascorbate)	200 mg	15%
Iodine (from potassium iodide)	200 mcg	133%
Magnesium (as oxide, ascorbate)	250 mg	60%

Amount Per Serving		% DV
Zinc (as oxide)	15 mg	136%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as gluconate)	1 mg	111%
Manganese (as gluconate)	1.4 mg	61%
Chromium (as polynicotinate)	200 mcg	571%
Molybdenum (as chelate)	80 mcg	178%
Women's Heart Healthy Blend	460 mg	*
Citrus Bioflavonoids (40% hesperidin), Grape Seed Extract, Olive Extract (leaf), Archoke Extract (leaf), Pomegranate Extract (fruit), Turmeric Extract (rhizome), Black Cherry Extract (fruit), Cocoa Powder (bean), Mixed Tocopherols		
Cranberry Extract (fruit)	100 mg	*
Women's Health Blend	100 mg	*
Flax Powder (hull), Broccoli Extract (flower)		
Silicon (as dioxide)	17 mg	*
Lutein (from marigold flower)	2 mg	*
Vanadium (as sulfate)	200 mcg	*

Other ingredients: Microcrystalline cellulose, stearic acid, crocarnauba wax

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

* Daily Value (DV) not established.

hydroxypropylmethylcellulose sodium, magnesium stearate, beeswax,



SKU: DNW 02 T16000, 2019 R-1

Expiration Date

Lot No.