

DIRECTIONS: Take 2 tablets daily after breakfast or first meal of the day. Stay well hydrated. Do not exceed 2 tablets within 24 hours.

VITAFORM™ for Active Women is a cut above the standard multi-vitamin and designed for the needs of active individuals looking to perform at the highest levels.*

Specifically formulated with key vitamins, minerals & phytonutrients to support women's health: mental focus; metabolism; immunity; and bone & joints.*

VITAFORM™ for Women is a powerful formulation. Contains 100% or more of required Daily Values including:

- 100% DV of Vitamin C in 2 highly bioavailable forms
- 100% DV of Vitamin D3
- 343% DV of Chromium
- 500 mg of Calcium
- Powerful high-ORAC antioxidant blend for better elimination of free radicals*
- Improves mental focus and mood*
- Supports metabolism*
- Supports bone health and decreases risk of osteoporosis*
- Strengthens immune function*
- Supports healthy thyroid function*
- Helps with red blood cell formation*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF USA



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ALLMAX®

SCIENCE • INNOVATION • QUALITY • RESULTS

PREMIUM MULTI-VITAMIN

VITAFORM™ FOR WOMEN

- 100% RDI Essential Nutrients
- 6 Functional Complexes*
- Powerful Antioxidant*

DIETARY SUPPLEMENT
60 TABLETS • 30 DAY SUPPLY

VITAMINS • MINERALS • NUTRIENTS
2
TABLETS
PER DAY

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving		% DV
Vitamin A (as beta-carotene) (5000 IU)	1500 mcg	167%
Vitamin C (as ascorbic acid & calcium ascorbate)	90 mg	100%
Vitamin D (as cholecalciferol) (800 IU)	20 mcg	100%
Vitamin E (as dl-alpha-tocopheryl acetate) (30 IU)	13.5 mg	90%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamine (Vitamin B1) (as thiamine HCl)	1.5 mg	125%
Riboflavin (as Vitamin B2)	1.7 mg	131%
Niacin (as niacin & niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate 668 mcg DFE [400 mcg folic acid]		167%
Vitamin B12 (as methylcobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic acid (as D-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate, calcium HVP chelate & calcium ascorbate)	500 mg	38%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc HVP chelate)	15 mg	136%
Copper (as copper amino acid chelate)	2 mg	222%
Manganese (as manganese amino acid chelate)	2 mg	87%
Chromium (as chromium polynicotinate)	120 mcg	343%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, White Film Coating (Polyvinyl Alcohol, Titanium Dioxide, Polyethylene Glycol, Talc.)

WARNINGS: KEEP OUT OF THE REACH OF CHILDREN. Store product at room temperature. Do not expose to excessive heat or moisture. Not for use by individuals under the age of 18 years. Do not use if you are pregnant or nursing. Do not purchase if seal is broken.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Contains Soy, Shellfish (Crab & Shrimp). Produced in a facility that also handles Milk, Wheat, Egg, Peanuts, Tree Nuts & Fish products.

1: FEMESSENCE: Femme Essential Complex
Inositol 25 mg
Choline (as choline bitartrate) 24 mg

2: AGENTACT: Femme Anti-Aging Blend*
Green tea leaf extract (standardized to 98% polyphenols, 75% catechins, & 45% EGCG) 50 mg
Grape seed extract (standardized to 95% proanthocyanidins) 25 mg
Pomegranate extract (*Punica granatum*, fruit) 22 mg
Red wine extract (*Vitis vinifera*, fruit) 15 mg
Citrus bioflavonoids 12 mg

3: COGNISENSE: Femme Active Mind Support*
Panax ginseng extract 45 mg
L-Theanine 30 mg
Ginkgo biloba extract (standardized to 24% flavone glycosides & 6% terpenoid lactones) 25 mg

4: METAFEMME: Femme Metabolism Support*
Alpha lipolic acid 20 mg

5: IMMUBOOST: Femme Immune Support*
Ginseng extract (*Eleutherococcus senticosus*) (standardized to 0.8% eleutherosides) 100 mg
Echinacea powder (*Echinacea purpurea*, root) 50 mg
Olive powder (*Olea europaea*, leaf) 25 mg

6: LIBRAFLEX: Femme Joint Support*
Methylsulfonylmethane (MSM) 150 mg
Glucosamine HCl (shellfish) 75 mg
Chondroitin sulfate (bovine) 75 mg

* Daily Value (DV) not established.