

Women's One™ Multivitamin



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A (as Beta-Carotene, Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D3 (as D3 Cholecalciferol)	800 IU	200%
Vitamin E (d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione)	100 mcg	125%
Vitamin B-1 (as Thiamin Mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1,250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Vitamin B-5 (as Calcium Pantothenate)	25 mg	250%
Calcium (as Carbonate, Citrate-Malate)	200 mg	20%
Iron (as Amino Acid Chelate)	6 mg	33%
Magnesium (as Oxide)	100 mg	25%
Zinc (as Citrate)	10 mg	67%
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%
Copper (as Amino Acid Chelate)	1 mg	50%
Manganese (as Citrate)	2 mg	100%
Chromium (as Amino Nicotinate)	200 mcg	167%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%
Choline (as Bitartrate)	20 mg	*
Inositol	20 mg	*
Boron (as Glycinate)	1 mg	*
Citrus Bioflavonoid Complex	25 mg	*
Women's Nourishing Blend	125 mg	*
(equivalent to 300 mg food and herbal powder) Dong Quai [root] 4:1 Extract, Organic Spirulina, Red Clover [blossoms] 2:1 Extract		
4:1 Vegetable Juice Complex	10 mg	*
(equivalent to 40 mg vegetable powder) Kale, Spinach, Dandelion Greens, Beet		
Complete Digestive Support	34 mg	
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)		
<i>Lactobacillus Sporogenes</i>	25,000,000 CFU	*
Betaine HCl	10 mg	*

* Daily Value (DV) not established

Other Ingredients: (natural mineral or vegetable source):

microcrystalline cellulose, stearic acid, modified cellulose, silica.
Coating: Vegetable food glaze (Hypromellose, MCT [coconut oil], inulin.)

Suggested Usage: For pure and potent protection, take one tablet per day, with or between meals.

GUARANTEE: 100% natural - Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.