



Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3500 IU (43% as beta-carotene)	70%	Iodine 150 mcg	100%
Vitamin C 100 mg	167%	Magnesium 50 mg	13%
Vitamin D 800 IU	200%	Zinc 15 mg	100%
Vitamin E 35 IU	117%	Selenium 55 mcg	79%
Vitamin K 50 mcg	63%	Copper 0.5 mg	25%
Thiamin 1.1 mg	73%	Manganese 2.3 mg	115%
Riboflavin 1.1 mg	65%	Chromium 50 mcg	42%
Niacin 14 mg	70%	Molybdenum 50 mcg	67%
Vitamin B6 5 mg	250%	Chloride 72 mg	2%
Folic Acid 400 mcg	100%	Potassium 80 mg	2%
Vitamin B12 50 mcg	833%		
Biotin 30 mcg	10%	Boron 150 mcg	*
Pantothenic Acid 5 mg	50%	Nickel 5 mcg	*
Calcium 500 mg	50%	Silicon 2 mg	*
Iron 8 mg	44%	Vanadium 10 mcg	*
Phosphorus 20 mg	2%	Lutein 300 mcg	*

*Daily Value (DV) not established.

This supplement is specially formulated with key nutrients to help meet the nutritional needs of women 50+.

- o Immune support: Antioxidant help support immune function**
- o Energy metabolism: B-vitamins help convert food to fuel**
- o Eye health: Helps support healthy eyesight with lutein, zinc and vitamins A, C and E**
- o Supports breast & bone health: Science suggests vitamin D helps to support breast health. Calcium and vitamin D help maintain strong bones**
- o Gluten free

**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. 100% satisfaction guaranteed with all Walgreens products or your money back.

Adults - Take one tablet daily with food

- o Not formulated for use in children
- o Do not exceed suggested use
- o Store at room temperature
- o Keep bottle tightly closed