TRADER JOE'S®

POTENT & COMPLETE

WOMEN'S ONCE DAILY MULTIVITAMIN & MINERAL

DIETARY SUPPLEMENT

GENTLE ON THE STOMACH

60 TABLETS

GLUTEN FREE

SUGGESTED USE: Take 1 tablet daily with or between meals, or as recommended by your physician.

Pregnant or medical concerns should check with their physician before using this or any dietary supplement.

Trader Joe's Once Daily Women's Multivitamin provides complete nutrition for women, including [illegible] calcium and other nutrients plus [illegible] B complex, and a nourishing blend [illegible] and green foods.*

*This [illegible] has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORAGE: Keep in a cool, dry place out of the reach of children.

CONTAINS NO SUGAR, LACTOSE, GLUTEN, WHEAT, SOY OR ALLERGENIC YEASTS. CONTAINS NO ARTIFICIAL FLAVOR, SWEETENING, COLOR OR ADDED PRESERVATIVES.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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TABLET SIZE

Supplement Facts

Serving Size 1 tablet
Servings Per Container 60

Each Tablet Provides		% Daily Value
Vitamin A (as Vitamin A Acetate, 50% Beta-Carotene)	5,000 IU	100%
Vitamin C (as L-Ascorbic Acid)	125 mg	208%
Vitamin D3 (Cholecalciferol)	800 IU	200%
Vitamin E (as D-Alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K1 (Phytonadione)	100 mcg	125%
Thiamin (Vitamin B1)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacinamide (Vitamin B3)	25 mg	125%
Pyridoxine HCl (Vitamin B6)	25 mg	1,250%
Folic Acid	800 mcg	200%
Cyanocobalamin (Vitamin B12)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid (Vitamin B-5)	25 mg	250%
Calcium (as Calcium Citrate-Malate)	200 mg	20%
Iodine (as Potassium Iodide)	8 mg	33%
Iron (as Ferrous Gluconate)	100 mg	25%
Zinc (as Zinc Gluconate)	10 mg	67%
Selenium (as L-Selenomethionine, Selenium Chelate)	200 mcg	286%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (Citrate)	2 mg	100%
Chromium (Amino Nicotinate)	250 mcg	167%
Molybdenum (Amino Acid Chelate)	75 mcg	100%
Choline (Bitartrate)	25 mg	†
Inositol	25 mg	†
Boron (Glycinate)	1 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Women's Nourishing Blend	125 mg	†
(equivalent to 300mg of fresh and herbal powder) Dong Quai (root) 4:1 Extract, 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 Juice		
Digestive Support		
Protease (Enzyme)	66K HUT	†
Amylase (Enzyme)	3,750 DU	†
Lipase (Enzyme)	3 LU	†
Cellulase (Enzyme)	3 CU	†
Lactobacillus Sporogenes (Probiotics)	10,000,000,000 CFU	†
Betaine HCl	10 mg	†

† Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Vegetable Cellulose), Stearic Acid (Vegetable), Silica, Magnesium Stearate (Vegetable), Cellulose, Sodium Croscarmellose, Sodium Ascorbate, Ascorbic Acid, Sodium Selenate, Sodium Molybdate, Chromium Chloride, Cupric Sulfate, Potassium Iodide, Zinc Oxide, Manganese Sulfate, Ferrous Fumarate, Cyanocobalamin, Vitamin A Palmitate, Vitamin D3, Vitamin K1, Vitamin E, Thiamin HCl, Riboflavin, Niacinamide, Pyridoxine HCl, Folic Acid, Biotin, Pantothenic Acid, Calcium Pantothenate, Boron, Inositol, Choline Bitartrate, Citrus Bioflavonoid Complex, Rutin, Hesperidin, Lactobacillus Sporogenes, Protease, Amylase, Lipase, Cellulase, Betaine HCl, Dong Quai (Root), Spirulina, Red Clover (Blossoms), Kale, Spinach, Dandelion Greens, Beet Juice, Gelatin, Glycerin, Vegetable Oil, Beeswax, Lecithin, Sorbitan Monostearate, Polysorbate 80, Sodium Lauryl Sulfate, Propylene Glycol, Sodium Benzoate, Potassium Sorbate, Sodium Propionate, Propyl Gallate, Citric Acid, Ascorbyl Palmitate, Tocopherols, Natural Flavor, Natural Color.

Exp. Date/Lot

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