



# Vitality

MULTIVITAMIN & MINERAL\*

Supports Energy & Overall Health

WOMEN

Directions: Take two tablets per day, preferably with food.

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3000 IU	60%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as $\alpha$ -tocopherol succinate)	30 IU	100%
Vitamin K (as phytoladone)	80 mcg	100%
Thiamin (vitamin B1)	15 mg	1000%
Riboflavin (vitamin B2)	15 mg	1000%
Niacin (as niacinamide)	35 mg	175%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folate (folic acid)	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Biotin (as $d$ -biotin)	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate calcium gluconate, calcium amino acid oligofucose complex)	250 mg	25%
Iron (as iron amino acid oligofucose complex)	9 mg	50%
Iodine (as iodine amino acid oligofucose complex)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofucose complex)	200 mg	50%
Zinc (as zinc amino acid oligofucose complex)	15 mg	100%
Selenium (as selenium amino acid oligofucose complex)	105 mcg	150%
Copper (as copper amino acid oligofucose complex)	3 mg	150%
Manganese (as manganese amino acid oligofucose complex)	2.5 mg	125%
Chromium (as chromium amino acid oligofucose complex)	120 mcg	100%
Molybdenum (as molybdenum amino acid oligofucose complex)	75 mcg	100%
Boron (as boron amino acid oligofucose complex)	150 mcg	1

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose<sup>1</sup>, croscarmellose sodium, hydroxypropyl methylcellulose, silicon dioxide, magnesium stearate<sup>1</sup>, hydroxypropyl cellulose, polyethylene glycol, stearic acid, vanillin.

<sup>1</sup> plant-derived

Formulated specifically for the nutritional needs of women.\*

Ingredients meet USP specifications, where applicable. Vegetarian.

Consult your physician before taking this product if you are pregnant, planning to become pregnant, nursing, under a doctor's care, taking any medications (blood thinners), or administering to children under the age of 18. Keep out of reach of children. Store in a cool, dry place. Tamper-evident seal. If broken, do not accept.

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

GLUTEN-FREE