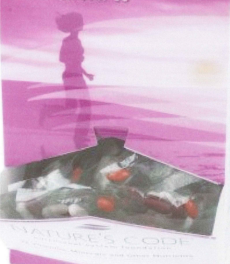


SUPPLEMENT FACTS

Nature's Code – Women Over 50



for women over 50



Suggested Use: Adults, take the contents of one packet with a full glass of water, after a meal. Establish a routine: take your nutritional supplement after the same meal each and every day. As a reminder, discuss the supplements and medications you take with your healthcare provider.

Supplement Facts

Serving Size 1 Packet

Each Packet Contains		%DV
Calories 10		
Total Carbohydrate	↑ 2 g	< 1%*
Vitamin A (as Beta-Carotene)	2000 IU	40%
Vitamin C (as Ascorbic Acid)	↓ 250 mg	417%
Vitamin D (as Cholecalciferol)	↑ 2000 IU	500%
Vitamin E (as d-Alpha Tocopherol)	↓ 200 IU	667%
Thiamin (Vitamin B1 as Thiamine Mononitrate)	↑ 30 mg	2,000%
Riboflavin (Vitamin B2)	↑ 30 mg	1,765%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	↑ 30 mg	1,500%
Folate (Folic Acid)	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	↑ 900 mcg	15,000%
Biotin	↑ 300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate, Dicalcium Phosphate)	1200 mg	120%
Magnesium (as Magnesium Oxide)	↓ 400 mg	100%
Zinc (as Zinc Sulfate, Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	200 mcg	286%
Chromium (as Chromium Picolinate)	↑ 120 mcg	100%
Sodium	+ 10 mg	< 1%
Boron (as Boron Chelate)	3 mg	+
Coenzyme Q10	50 mg	+
Alpha Lipoic Acid	+ 65 mg	+
Green Tea Complex (as Green Tea Powder (leaf), Green Tea Extract (leaf))	+ 400 mg	+
Lycopene	↑ 1 mg A	+
Lutein	↑ 6 mg A	+
Zeaxanthin	+ 3 mg	+

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Maltodextrin, Gelatin, Croscarmellose Sodium, Talc, Glycerin, Stearic Acid, Calcium Silicate, Hypromellose, Polyvinyl Alcohol, Soy Polysaccharide, Citric Acid, Soybean Oil, Magnesium Stearate, Rice Flour, Soy Flour, Mineral Oil, Polyethylene Glycol, Titanium Dioxide, Boric Acid, Caramel (Color), Crospovidone, Carmine (Color), Soy Lecithin, Yellow Beeswax, Polysorbate 80, Annatto Seed Extract (Color). **CONTAINS: SOY**

Green Tea contributes a dietetically insignificant amount of caffeine.

DO NOT USE IF PRINTED PACKETS ARE TORN OR PUNCTURED