



Easy-to-Swallow, Fast-Acting
Liquid Soft-Gels*

An Extraordinary Range of Nutrients
& Botanicals, Formulated Specially for Women*

73 Nutrient Soft-Gel Multi[™]

with Omega-3 Oils

Nature's Secret

60 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels daily with your largest meal of the day.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	1.5 g	2%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	75 mg	83%
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-Alpha Tocopherol)	20 mg	134%
Thiamin (as Thiamine Mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as Nicotinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Citrate)	100 mg	8%
Magnesium (as Magnesium Amino Acid Chelate)	34 mg	8%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as L-Selenomethionine)	70 mcg	127%
Copper (as Copper Amino Acid Chelate)	1.3 mg	144%
Manganese (as Manganese Ascorbate)	2 mg	87%
Chromium (as Chromium Polynicotinate)	120 mcg	343%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	167%
Crucial Oil Complex	1160 mg	†
Flaxseed Oil (50% ALA), Evening Primrose Oil (9% GLA)(seed)		
Targeted Blend	86 mg	†
Milk Thistle powder (seed), Black Cohosh powder (root), Chaste Tree powder (fruit)		
Antioxidant Blend	50 mg	†
Green Tea extract (50% polyphenols)(leaf), Grape Seed extract (95% polyphenols)(seed), Resveratrol (from Japanese Knotweed extract (root))		
Fruit and Vegetable Botanical Blend	50 mg	†
Alfalfa powder (aerial), Asparagus powder (aerial), Beet powder (root), Blueberry (<i>Vaccinium angustifolium</i>) powder (fruit), Broccoli powder (whole plant), Brussels Sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>) powder (leaf), Cabbage (<i>Brassica oleracea</i> var. <i>capitata</i>) powder (aerial), Carrot (<i>Daucus carota</i> ssp. <i>sativus</i>) powder (root), Collards powder (leaf), Garlic powder (bulb), Ginger extract (4:1)(rhizome), Grape powder (fruit), Grapefruit powder (fruit), Kelp (<i>Laminaria</i> spp.) powder (0.5% iodine), Lemon powder (fruit), Onion powder (bulb), Papaya powder (fruit), Pineapple powder (fruit), Spinach powder (leaf), Tomato powder (fruit)		
Immuno Blend	50 mg	†
Cal's Claw powder (bark), Garlic powder (bulb)		
Essential Amino Acid Blend	40 mg	†
L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-5-Hydroxytryptophan (5-HTP), L-Valine		
Adrenal Blend	25 mg	†
Asian Ginseng powder (root), American Ginseng powder (root), Montmorillonite (72 Trace Minerals)		
Digestive Enzyme Blend	20 mg	†
Amylase, Cellulase, Lactase, Lipase, Protease		
Brain Blend	12 mg	†
Ginkgo powder (leaf), Phosphatidylserine		
Green Super Food Blend	10 mg	†
Barley Grass powder, Chlorella (<i>Chlorella pyrenoidosa</i>) powder, Spirulina (<i>Arthrospira platensis</i>) powder		
Boron (as Boron Citrate)	1 mg	†

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soybean oil, soy lecithin, dicalcium phosphate, beeswax, medium chain triglyceride (MCT) oil, titanium dioxide (color), sodium copper chlorophyllin (color), maltodextrin, turmeric (color) and natural vanilla flavor.

Contains: Crustacean Shellfish (crab, lobster, shrimp), Soy, Tree Nuts (coconut, palm kernel)

DISTRIBUTED, FORMULATED and QUALITY TESTED by:

Nature's Secret® P.O. Box 66457 • Los Angeles, CA 90066

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions, including liver disorder, or if you develop symptoms of liver trouble. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*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.

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