

Essential for Women 18+

The clinical-backed multivitamin for women 18-49 formulated to help fill nutrient gaps in their diet.*



University-Led
Clinical Trial



Delayed-Release
Capsule Design



Vegan Friendly



Gluten and Major
Allergen Free



USP Verified



No Artificial
Colorants or
Synthetic Fillers

Supplement Facts		
Serving Size: Two (2) Vegan Capsules		
Servings Per Container: 30		
	Amount Per Serving	% DV
Vitamin D (as cholecalciferol) ¹⁾ [from lichen (whole plant)]	50 mcg (2000 IU)	250%
Vitamin E (as alpha tocopherol from mixed tocopherols ²⁾ [from <i>Brassica napus</i> (seed)]	6.7 mg	45%
Folate (as 6S-5-methyltetrahydrofolate [Glucosamine Salt] ³⁾	1000 mcg DFE	250%
Vitamin B12 (as methylcobalamin)	8 mcg	333%
Iron (as ferrous bisglycinate ⁴⁾)	8 mg	44%
Magnesium (as dimagnesium malate)	30 mg	7%
Boron (as calcium fructoborate ⁶⁾)	0.7 mg	*
Omega-3 Docosahexaenoic Acid (DHA) [from <i>Schizochytrium</i> spp. (whole microalgae) ⁵⁾	330 mg	*
Vitamin K2 (as Menaquinone-7 ⁷⁾)	90 mcg	*

* Daily Value (DV) not established

Other ingredients: Beadlets (cellulose, NON-GMO corn zein), stomach acid-resistant vegan capsule (hypromellose, gellan gum), silica.

¹⁾Vitashine™ lichen, ²⁾Tocomix®70R, ³⁾Quatrefolic®, ⁴⁾Ferrochel®, ⁵⁾FruiteX-B®, ⁶⁾Algarithm™, ⁷⁾K2VITAL®

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