Warning: Do not exceed recommended dose. Do not take if pregnant, nursing, or under 18 years old. If you have a medical condition, consult your physician before use. Do not use if safety seal is broken or missing. Store in a cool dry place. Keep out of reach of children.

Made with eco-friendly manufacturing in an FDA registered facility.

Manufactured in a facility and equipment that handles: Eggs, Wheat, Milk,

Treat Nuts, Peanuts, Soybeans, Crustacean Shellfish, and Fish.

ARTIFICIAL FLAVORS PRESERVATIVES









FULL TRANSPARENCY F O R M U L A

SUGGESTED USE:

TO SUPPORT WOMEN'S 50+ HEALTH ONCE DAILY WITH FOOD.

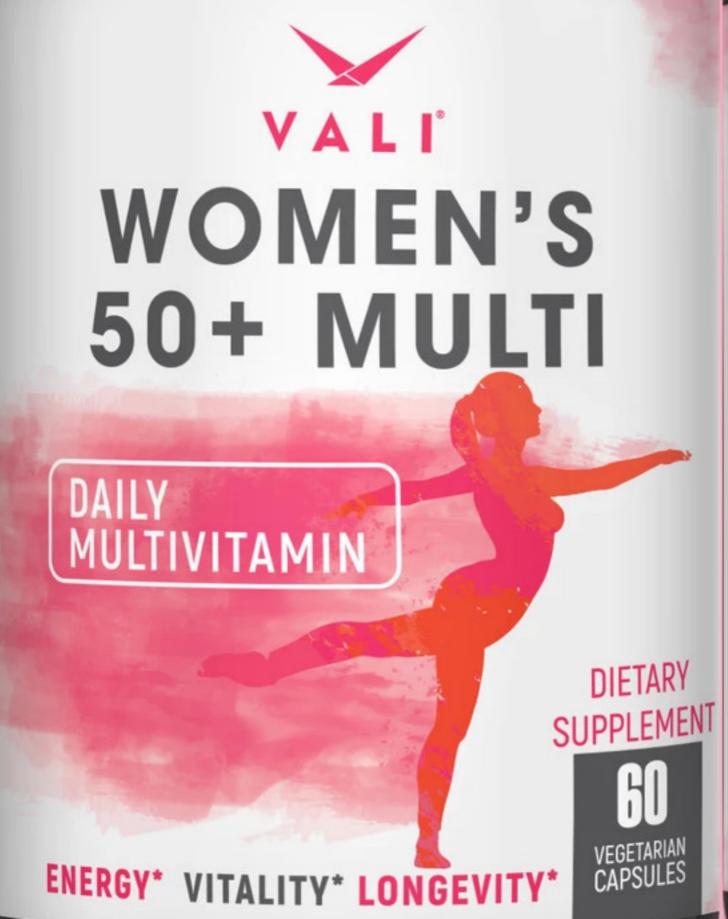
FOR BEST RESULTS

DRINK PLENTY OF WATER DAILY.

Distributed By: The BSD Project LLC Nashville, TN 37204

(615) 436-3676, info@valiup.com

www.valiup.com



SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsules

Servings Per Container: 30

Amount I	Per Serving	%DV*
	0 mcg (1,200 IU)	150%
Vitamin E (as Alpha-Tocopheryl Succinate)	10 mg	67%
Thiamin (as Thiamine Hydrochloride)	1 mg	83%
Riboflavin (as Riboflavin)	2 mg	154%
Vitamin B6 (as Pyridoxal 5-Phosphate)	5 mg	294%
Folate (as Folic Acid)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin Dicalcium Phosphate	e) 10 mcg	417%
Biotin (as Biotin Dicalcium Phosphate)	300 mcg	1,000%
Pantothenic Acid (as D-Calcium Pantothenate)	3 mg	60%
Calcium (as Calcium Citrate)	100 mg	8%
Iron (as Iron Citrate)	1 mg	6%
Magnesium (as Dimagnesium Malate)	35 mg	8%
Zinc (as Zinc Oxide)	5 mg	45%
Selenium (as Selenium Chelate)	70 mcg	127%
Chloride (as Potassium Chloride)	275 mg	12%
Potassium (as Potassium Chloride)	300 mg	6%
Digestive Enzyme Blend (DigeSER™)		
Allylase, Cellulase, Lactase, Linase, Protease	10 mg	
Vitamin K2 (as Menaquinone-7)	50 mcg	
"Percent Daily Value based as a 2 000 and a dist		

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

***Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide

Disclaimer: 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.