

\*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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TO REORDER ITEM #22734  
puritan.com 1-800-645-1031

Carefully Manufactured for  
PURITAN'S PRIDE, INC.  
Ronkonkoma, NY 11779 U.S.A.  
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B80454 00A



Made In The USA  
with select ingredients  
from around the world

Puritan's Pride

ORGANIC

gluten free • non-gmo • dairy free

WOMEN'S  
MULTI

Supports energy metabolism and thyroid function\*  
High-quality Fermented blend of 14  
essential vitamins and minerals



30 tablets

dietary  
supplement

Puritan's Pride® Organic supplements are certified USDA Organic, gluten-free, and dairy-free. We do not use any synthetic dyes or Genetically Modified Organisms (GMOs). Manufactured in the USA, using only the best and purest ingredients from around the world.

Non-GMO • No Gluten • No Wheat • No Milk  
• No Lactose • No Artificial Color • No Artificial  
Flavor • No Artificial Sweetener • No Peanuts  
• No Tree Nuts • No Fish • Sodium Free

Puritan's Pride® Women's Multi is a supplement formulated with 14 key nutrients including iodine and is enriched with a powdered blend of more than 15 different organic fruits and vegetables. Iodine is an essential component of the thyroid hormone that plays a role in growth, development and metabolic processes.\* In addition, our Women's Multi supports energy metabolism.\*

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**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta-Carotene) <sup>(†)</sup>	180 mcg 20%	Chromium (as Chromium Chloride) <sup>(†)</sup>	35 mcg 100%
Vitamin C (from Organic Acerola Berry and Ascorbic Acid)	18 mg 20%	Organic Fruit and Vegetable Blend	100 mg **
Vitamin D (as D3 Cholecalciferol) <sup>(†)</sup>	25 mcg (1,000 IU) 125%	Organic Red Bell Pepper ( <i>Capsicum annuum</i> ) (fruit), Organic Maltodextrin, Organic Tomato ( <i>Lycopersicon esculentum</i> ) (fruit), Organic Cranberry ( <i>Vaccinium macrocarpon</i> ) (fruit), Organic Strawberry ( <i>Fragaria virginiana</i> ) (fruit), Organic Acai ( <i>Euterpe oleracea martii</i> ) (fruit), Organic Beet ( <i>Beta vulgaris</i> ) (root), Organic Blueberry ( <i>Vaccinium angustifolium</i> ) (fruit), Organic Broccoli ( <i>Brassica oleracea italica</i> ) (stem and flower), Organic Carrot ( <i>Daucus carota sativus</i> ) (root), Organic Kale ( <i>Brassica oleracea acephala</i> ) (leaf), Organic Spinach ( <i>Spinacia oleracea</i> ) (leaf), Organic Goji ( <i>Lycium barbarum</i> ) (fruit), Organic Pumpkin ( <i>Cucurbita</i> spp.) (fruit), Organic Pomegranate ( <i>Punica granatum</i> ) (fruit), Organic Rice Flour, Organic Grape ( <i>Vitis labrusca</i> ) (fruit), Organic Sunflower ( <i>Helianthus annuus</i> ) (seed).	
Vitamin E (as d-Alpha Tocopheryl Acetate) <sup>(†)</sup>	3.17 mg 21%		
Niacin (as Niacinamide) <sup>(†)</sup>	1.9 mg 12%		
Vitamin B-6 (as Pyridoxine Hydrochloride) <sup>(†)</sup>	1.7 mg 100%		
Folate <sup>(†)</sup>	400 mcg DFE (240 mcg folic acid) 100%		
Vitamin B-12 (as Cyanocobalamin) <sup>(†)</sup>	3.6 mcg 150%		
Biotin (as d-Biotin) <sup>(†)</sup>	300 mcg 1,000%		
Pantothenic Acid (as Calcium Pantothenate) <sup>(†)</sup>	1 mg 20%		
Iodine (as Potassium Iodide) <sup>(†)</sup>	150 mcg 100%		
Zinc (as Zinc Oxide) <sup>(†)</sup>	2.2 mg 20%		
Selenium (as Selenium Dioxide) <sup>(†)</sup>	27.5 mcg 50%		

**Other Ingredients:** Organic Dextrose, Organic Dextrin, Fermentation Blend (Organic Soy Flour, Organic Yeast, *L. acidophilus*, *B. bifidum*, *L. rhamnosus*, Organic Gum Arabic, Papain, Bromelain), Organic Bamboo Extract, Organic Maltodextrin, Organic Rice Extract Blend, Organic Carrots, Organic Alfalfa Grass, Organic Safflower Oil, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum.

Contains soy ingredients.

<sup>(†)</sup>Nutrients incorporated into a Fermented Blend

\*\*Daily Value not established.