

Focus on your well-being with our daily multivitamin, specially formulated to support you during menopause: ♦

- Just one tablet per day delivers nutrients with targeted support for menopause♦
- Made with black cohosh, traditionally used for menopause support♦
- Supports bone, brain, skin and immune health♦
- Provides cellular energy support♦
- Includes essential antioxidants for free radical support: vitamins A, C and E, and the mineral selenium♦
- Provides digestive support♦

SUGGESTED USAGE: Take one tablet per day, with or between meals.

♦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.

KEEP OUT OF REACH OF CHILDREN: Consult your physician prior to using this product if you are pregnant, nursing, taking any medication or have a medical condition.

Contains NO: Tree nuts, peanuts, eggs, fish or shellfish.

ACTUAL SIZE
TABLET



Eco Guard™ Packaging
Bottle made from 100% recycled material*
*excluding colorant



Menopause One™ Multivitamin

Black Cohosh Herbal Blend

Crafted with Black Cohosh,
Traditionally Used for
Menopause Support♦

Vegetarian

90 Tablets | Multivitamin Supplement

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 90

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate, 30% as beta-carotene)	1500 mcg 167%	Zinc (as zinc citrate)	10 mg 91%
Vitamin C (ascorbic acid)	150 mg 167%	Selenium (as selenium L-methionine complex, selenium chelate)	200 mcg 364%
Vitamin D (as cholecalciferol)	10 mcg 50%	Copper (as copper chelate)	1 mg 111%
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg 134%	Manganese (as manganese citrate)	5 mg 217%
Vitamin K (as phytonadione)	100 mcg 83%	Chromium (as chromium amino nicotinate)	200 mcg 571%
Thiamin (as thiamin mononitrate)	30 mg 2500%	Molybdenum (as molybdenum chelate)	100 mcg 222%
Riboflavin (vitamin B2)	25 mg 1923%	Organic spirulina	75 mg †
Niacin (as niacinamide)	30 mg 188%	Citrus (fruit) bioflavonoid extract	25 mg †
Vitamin B6 (as pyridoxine hydrochloride)	30 mg 1765%	Betaine hydrochloride	20 mg †
Folate (as folic acid) (800 mcg folic acid)	1333 mcg DFE 333%	Boron (as boron glycinate)	2 mg †
Vitamin B12 (as cyanocobalamin)	100 mcg 4167%	Black Cohosh Herbal Blend	95 mg †
Biotin	200 mcg 667%	Black cohosh (root, rhizome) extract, ginkgo (leaf) extract, soy bean (germ)	
Pantothenic Acid (as calcium pantothenate)	30 mg 600%	Enzyme Blend	20 mg †
Choline (as choline bitartrate)	25 mg 5%	Protease (664 HUT†), amylase (226 DU†), lipase (2 FIPT), cellulase (3 CU†)	
Calcium (as calcium carbonate, calcium citrate-malate)	200 mg 15%		
Magnesium (as magnesium oxide)	50 mg 12%		

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydrogenated cottonseed oil, croscarmellose sodium, coating (dextrin, dextrose, soy lecithin, sodium carboxymethyl cellulose, sodium citrate). Contains soy. Contains milk and wheat traces from enzyme fermentation media.

Manufactured by Nature's Products, Inc. for Nutranext Business, LLC
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