



Living Multi®

Optimal Women's Formula

Whole Food Nutrition from Living Nutrients®

Rich in Natural Antioxidants³

Unique Women's Blend

Living Multi® Optimal Women's Formula is a comprehensive nutrition supplement designed to support women's health. Living Multi® Optimal Women's Formula is a natural supermarket of 80 whole food concentrates in a unique, antioxidant-rich² combination of fruits and vegetables, Living Nutrients®, including balanced levels of the B vitamins, calcium, folic acid, and iron, plus our Women's Blend. The Women's Blend contains red clover and select ingredients to support the special nutritional needs of women. Living Nutrients® are complexes of vitamins and minerals that have been made more body-ready by probiotic microorganisms and their enzymes, and are created through Garden of Life's exclusive and proprietary Poten-Zyme® fermentation process. As a result, these nutrients are easily digested and recognized as food by the body.

² Vitamins A, C, E

Supplement Facts

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	Amount Per Serving	%DV
Calories	30	
Calories from Fat	5	
Total Fat	0.5	<1%
Sodium	40mg	2%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	8%
Sugars	0g	+
Protein	2g	4%
Vitamin A* (beta carotene)	10,000IU	200%
Vitamin C*	90mg	150%
Vitamin D*	200IU	50%
Vitamin E*	40IU	150%
Thiamine (B ₁)*	4.5mg	300%
Riboflavin (B ₂)*	5.1mg	300%
Niacin (B ₃)*	30mg	150%
Vitamin B ₆ *	6mg	300%
Folic Acid*	400mcg	100%
Vitamin B ₁₂ *	49mcg	800%

	Amount per Serving	%DV
Dicalcin	500mcg	300%
Pantothenic Acid	30mg	300%
Calcium	400mg	40%
Iodine	160mcg	120%
Iron	15mg	100%
Magnesium	85mg	21%
Zinc	15mg	100%
Selenium	100mcg	140%
Copper	200mcg	10%
Manganese	3mg	150%
Chromium	200mcg	167%
Molybdenum	75mcg	100%
Potassium	30mg	1%
Boron	2mg	+
Vanadium	120mcg	+
Choline	30mg	+
Lycopene	5mg	+
Urticaria	5mg	+

100

Clifford P. Lipson, Fred Brown, George Dun

Volume 1, Number 1, 2004

Alcohol, Drug, Black Control Unit, Plan, Police Social Unit, Prosecution, Police Local Control, Police Non Control, Community
Business Builders, Youth, Students, African, Crime, Social Control, Crime

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Chen TW, Edsall, George Edsall, Lawrence Edsall, Margaret Edsall, Rosemary Edsall, Wilma Van Buren, Catherine Edsall, Anne Edsall

Personal Data: Personal Data are based on a 5-point scale that

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Other ingredients: microcapsule cellulose, sodium croscarmellose, cell fiber, silicon dioxide, magnesium stearate (vegetable source), stearic acid (vegetable source), vegetable coating, synthetic flavors.

Living Nutrients[®] are complexes of vitamins and minerals that have been made more body-ready by probiotics, microorganisms and their enzymes.

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Containing no artificial flavors, colors or preservatives.



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*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.

Suggested Use: Adults take 8 capsules per day depending on individual needs. May be taken with or without food. Not intended for children.

Caution: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or take prescription or over-the-counter drugs. This product is not intended to be used on a regular basis or as an otherwise under medical supervision.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Store in a cool, dry place. This product is made with natural ingredients; therefore color may vary from lot to lot. Do not use if sulfate seal is broken or missing.



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