



ANCIENT
NUTRITION

ANCIENT MULTI

Women's
Once Daily

20 Vitamins and Minerals

Ancient Superfoods

Adaptogenic Herbs

Vitex Extract

Methylated Folate

WHOLE FOOD DIETARY SUPPLEMENT

30 CAPSULES



Suggested Use: Adults take 1 capsule per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	1,449 mcg	161%
Vitamin C*	32.8 mg	36%
Vitamin D*	48.9 mcg	244%
Vitamin E (as d-alpha tocopherol succinate)	23.6 mg	157%
Vitamin K (as menaquinone-7)	82.8 mcg	69%
Thiamin*	2.1 mg	174%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	389%
Niacin (as niacinamide*)	5.8 mg	36%
Vitamin B6 (as pyridoxine-5 phosphate)	16.8 mg	991%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	892.3 mcg DFE	223%
Vitamin B12 (as methylcobalamin)	9.4 mcg	391%
Biotin*	140.6 mcg	469%
Pantothenic acid*	6.9 mg	139%
Calcium (from organic eggshell)	25 mg	2%
Iron**	6 mg	33%
Magnesium**	12 mg	3%
Zinc**	5 mg	45%
Selenium*	73.9 mcg	134%
Manganese*	1 mg	43%
Chromium*	20 mcg	57%

TCM Women's Blend 95 mg +
Bovine Liver, Organic Lycium Berry Extract, Organic Lycium Chastetree Berry Extract, Organic Schisandra Berry Extract, Organic Astragalus Root Extract, Organic Chinese Yam Root Extract, Chicken Bone Broth, Beef Bone Broth, Organic Reishi Mushroom Extract, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: Saccharomyces cerevisiae, beef gelatin.

*Probiotic Fermented Nutrient **Enzyme Activated Mineral **CONTAINS: Egg, Hake, (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by US Patent No. 7,947,662**



Inspired by TCM

Lycium Berry Extract: *Ancient Symbol of Longevity*

Reishi Mushroom Extract: *Known in Antiquity as the Supernatural Mushroom*



ADAPTOGENIC
HERBS



ENZYME
ACTIVATED



ANCIENT
SUPERFOODS



FERMENTED
HERBS

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



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BD-TCM3261-100220

Manufactured for:



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Ancient Nutrition for
the Modern World

Formulated using the Traditional Chinese Method (TCM) of Super Nutrition, Ancient Multi Women's Once Daily formula combines:

- An array of vitamins and minerals designed for women's health needs, including probiotic-fermented Vitamin C, fermented and co-enzymated B vitamins, a patented form of methylated Folate, enzyme-activated Iron, and Soy-Free Vitamin K2 (MK-7)
- Ancient superfoods including herbal extracts, tonic mushrooms, bone broth, liver from New Zealand cattle, wild fish roe and more—for a breakthrough in women's nutrition.



Dr. Axe
FORMULA

www.AncientNutrition.com

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision. **Keep out of reach of children.** Store in a cool, dry place. Do not use if safety seal is broken or missing. Made without dairy or soy ingredients, tree nuts, or filler ingredients, nor artificial colors, flavors, sweeteners or preservatives. Manufactured in a facility that also processes milk, soy, wheat and tree nuts.