



WOMEN'S 50+ COMPLETE MULTIVITAMIN

**ORCHARD FRUITS™
& GARDEN VEGGIES™**
Powder Blend (100 mg per serving)

50 TABLETS • MULTIVITAMIN SUPPLEMENT

Recommendation: Women take 1 tablet daily, preferably with food. Not formulated for men or children. Do not exceed recommended dose.

Warning: Do not take if you are pregnant or nursing. If you have a kidney disorder, hypercalcemia, hypercalciuria, a bleeding disorder, or if you are taking Coumadin® (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV
Vitamin A (as 70% retinyl acetate and 30% [270 mcg] beta-carotene)	100%
Vitamin C (ascorbic acid)	150%
Vitamin D3 (as cholecalciferol)	250%
Vitamin E (as dl-alpha tocopheryl acetate)	100%
Vitamin K (as phytonadione)	100%
Thiamin (as thiamin mononitrate)	300%
Riboflavin	200%
Niacin (as niacinamide)	100%
Vitamin B6 (as pyridoxine HCl)	300%
Folate (240 mcg Folic Acid)	100%
Vitamin B12 (as cyanocobalamin)	1,667%
Biotin	100%
Pantothenic Acid (as D-calcium pantothenate)	150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	20%

Amount per Serving	% DV
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	16.5 mg 150%
Selenium (as sodium selenate)	55 mcg 100%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	4.6 mg 200%
Molybdenum (as sodium molybdate)	45 mcg 100%
Orchard Fruits™ & Garden Veggies™ Powder Blend: Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach	**
FloraGLO® Lutein Carotenoid from Aztec Marigold Extract (flower)	300 mcg
Boron (as sodium borate)	150 mcg

**Daily Value (DV) not established.

Other ingredients: gelatin, cellulose, hypromellose, polydextrose, sodium croscarmellose, stearic acid, hydroxypropyl cellulose, titanium dioxide color, magnesium stearate, silica, medium chain triglycerides, carmine color
Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



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