



HEALTHY
APPEARANCE*



IMMUNITY*



METABOLISM*



ENERGY*

WOMEN'S COMPLETE

ONCE-DAILY MULTI
for Active Women

Dietary Supplement

180 TABLETS



Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 180

Amount Per Serving	% Daily Value	
Vitamin A (as Retinyl Acetate and 29% Beta Carotene)	1050 mcg RAE	117%
Vitamin C (as Ascorbic Acid)	75 mg	83%
Vitamin D3 (as Cholecalciferol)	20 mcg	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 mg	100%
Vitamin K (as Phytonadione)	50 mcg	42%
Thiamine (Vitamin B1) (as Thiamine Mononitrate)	1.1 mg	92%
Riboflavin (Vitamin B2)	1.1 mg	85%
Niacin (as Niacinamide)	14 mg NE	88%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (400 mcg Folic Acid)	667 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	40 mcg	133%
Pantothenic acid (as Calcium D-Pantothenate)	15 mg	300%
Calcium (as Calcium Carbonate and 6% Dicalcium Phosphate)	500 mg	38%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	8 mg	73%
Selenium (as Sodium Selenate)	55 mcg	100%
Copper (as Cupric Sulfate)	0.9 mg	100%
Manganese (as Manganese Sulfate)	1.8 mg	78%
Chromium (as Chromium Picolinate)	25 mcg	71%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Sodium Borate)	150 mcg	†
Nickle (as Nickel Sulfate)	5 mcg	†
Silicon (as Silicon Dioxide)	2 mg	†
Vanadium (as Vanadium Sulfate)	10 mcg	†

† Daily Value not established

Other Ingredients: Croscarmellose sodium, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol, titanium dioxide, FD&C Red #40, riboflavin.

Directions: As a dietary supplement for adults, take one tablet per day, preferably with a meal, or as directed by a healthcare professional.

WARNING: Do not take this product if you are pregnant or nursing.

Consult a healthcare professional before taking this product if you are taking medication or have a health condition.

Do not use if seal under cap is broken or missing. Store at room temperature.

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 immediately.

* 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.

Nutrition Questions or Comments?

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Call 1-800-235-3200
Mon. - Fri. 7 AM - 6 PM MST
Sat. 8 AM - 4:30 PM MST

BronsonVitamins.com

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