

Super
Nutrition®

Women's Blend

DAILY MULTIVITAMIN +
BALANCING BOTANICALS*

BONE
SUPPORT*

PMS
SUPPORT*

HEART
HEALTH*

IRON FREE

180
TABLETS

A DIETARY SUPPLEMENT

Suggested Usage: Take 3 tablets, once or twice daily with food.

Supplement Facts

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	750 mcg	83%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D (as D3, cholecalciferol)	31.25 mcg	156%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin K (as K2, menaquinone-7)	90 mcg	75%
Thiamin (as thiamine HCl)	37.5 mg	3125%
Riboflavin	35 mg	2692%
Niacin (as nicotinic acid and niacinamide)	70 mg	438%
Vitamin B6 (as pyridoxine HCl)	125 mg	7353%
Folate (500 mcg Folic Acid)	850 mcg DFE	213%
Vitamin B12 (as methylcobalamin)	125 mcg	5208%
Biotin (as d-biotin)	330 mcg	1100%
Pantothenic Acid (as d-calcium pantothenate)	87.5 mg	1750%
Choline (as choline bitartrate)	50 mg	9%
Calcium (as calcium carbonate and calcium citrate)	500 mg	38%
Iodine (from kelp)	137.5 mcg	92%
Magnesium (as magnesium oxide and magnesium glycinate)	300 mg	71%
Zinc (as zinc oxide and zinc citrate)	15 mg	136%
Selenium (as sodium selenite)	125 mcg	227%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Potassium Chloride, Magnesium Stearate, Vegetable-Based Coating, Natural Flavor, and Calcium Silicate.

CONTAINS: Soy

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.

Caution: For adults only. Keep out of reach of children. Consult with a qualified healthcare professional if you are taking medication or have a medical condition. This product contains Biotin which may interfere with some blood test results.

Store in a cool, dry place.

Serving Size 3 Tablets
Servings Per Container 60

	Amount Per Serving	% DV
Copper (as copper glycinate)	1.25 mg	139%
Manganese (as manganese sulfate and manganese citrate)	5 mg	217%
Chromium (as chromium picolinate)	125 mcg	357%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%
Women's Balancing Herb, Flower, & Organic Whole Food Blend	150 mg	†
Chaste Berry Extract, Organic Alfalfa Grass, <i>Atractylodes lancea</i> Root, Flaxseed, Pau d'Arco Bark, Organic Rehmannia Root, Cramp Bark, Organic Nettle Leaf, Organic Rosemary Leaf, Organic Turmeric Root, Organic Dandelion Root, Organic Ginger Root, Peony Root, Strawberry Leaf, Wild Yam Root, Organic Licorice Root, Heather Flower, Hibiscus Flower, Rosebud Flower, Lavender Herb, Passion Flower		
Betaine (as betaine HCl)	50 mg	†
Inositol	37.5 mg	†
Glutamic Acid (as glutamic acid HCl)	15 mg	†
Mixed Tocopherols (d-gamma, d-delta, d-alpha, d-beta)	5.5 mg	†
Rutin	2.5 mg	†
Boron (from boron citrate)	1.5 mg	†
Citrus Bioflavonoids (from lemon fruit)	1 mg	†
GLA (gamma-linolenic acid from borage seed oil)	1 mg	†
Hesperidin (from citrus)	1 mg	†

† Daily Value (DV) not established.

Not manufactured with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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