

Heart Healthy Multivitamin™
Women provides a daily high-
potency vitamin formula with
premium support for heart, mood
and overall women's health.*

UNCONDITIONALLY GUARANTEED
for purity and labeled potency. Store
bottle in a cool, dry place.

Precautions: Consult a health care
practitioner before use if you're pregnant
or nursing, have a serious medical
condition, or use any medications.

Keep out of reach of children.

Due to the nature of these ingredients, color
variation may occur.

*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.



Dr. Sinatra 

**Heart Healthy
Multivitamin™**

Women

Dietary Supplement

90 Tablets

Doctor's Suggested Use: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (from beta-carotene, retinyl acetate)	1,500 mcg RAE 167%	Zinc (as oxide)	15 mg 136%
Vitamin C (as ascorbic acid, calcium ascorbate, magnesium ascorbate)	400 mg 444%	Selenium (as L-selenomethionine)	100 mcg 182%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU) 125%	Copper (as gluconate)	1 mg 111%
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol)	67 mg 447%	Manganese (as citrate)	1.4 mg 61%
Thiamine (as mononitrate)	20 mg 1,667%	Chromium (as polynicotinate)	200 mcg 571%
Riboflavin	20 mg 1,538%	Molybdenum (as chelate)	80 mcg 178%
Niacin (as niacinamide, nicotinic acid)	40 mg 250%	Women's Heart Healthy Blend	460 mg *
Vitamin B6 (as pyridoxine hydrochloride)	40 mg 2,353%	Sour Orange Extract (fruit)(90% hesperidin), Grape Extract (seed), Olive Extract (leaf), Artichoke Extract (leaf), Pomegranate Extract (fruit), Turmeric Extract (rhizome), Black Cherry Extract (fruit), Cocoa Powder (bean), Tocotrienol and Tocopherol Complex (from palm fruit)	
Folate (as L-5-methyltetrahydrofolate calcium) (100 mcg folic acid)	170 mcg DFE 43%	Cranberry Extract (fruit)	100 mg *
Vitamin B12 (as methylcobalamin)	250 mcg 10,417%	Women's Health Blend	100 mg *
Biotin	500 mcg 1,667%	Flax Powder (hull), Broccoli Extract (flower)	
Pantothenic Acid (as calcium pantothenate)	40 mg 800%	Silica (as dioxide)	17 mg *
Calcium (as carbonate, ascorbate, dicalcium phosphate, calcium pantothenate)	200 mg 15%	Lutein (from marigold flower)	2 mg *
Iodine (from potassium iodide)	200 mcg 133%	Vanadium (as sulfate)	200 mcg *
Magnesium (as oxide, ascorbate)	250 mg 60%		

Other ingredients: Cellulose, croscarmellose sodium, magnesium
stearate, hypromellose, glycerin, hydroxypropyl cellulose

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

*Daily Value (DV) not established.

Please see bottom of bottle for
Lot No. and Expiration Date



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