

MADE WITH  
WHOLE FOOD  
NUTRIENTS



ANCIENT  
NUTRITION

## Women's Fermented Multi



VEGAN



REAL  
FOOD



OPTIMIZED FOR  
ABSORPTION

WHOLE FOOD DIETARY SUPPLEMENT | 60 CAPSULES

**Suggested Use:** Adults take 2 capsules per day.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	1,447.2 mcg	160%
Vitamin C (from Lipid Metabolite Ascorbate)	236 mg	260%
Vitamin D* (as cholecalciferol)	48.9 mcg	240%
Vitamin E (as d-alpha tocopherol succinate)	23.6 mg	160%
Vitamin K (as menaquinone-7)	86.4 mcg	70%
Thiamin*	5.9 mg	500%
Riboflavin (as riboflavin-5 phosphate)	6.5 mg	500%
Niacin* (as niacinamide)	14.4 mg	90%
Vitamin B6 (as pyridoxal-5 phosphate)	23.7 mg	1390%
Folate (as (6S)-5-Methyltetrahydrofolate, calcium salt)	892.3 mcg DFE	220%
Vitamin B12 (as methylcobalamin)	9.4 mcg	390%
Biotin*	281.3 mcg	940%
Pantothenic acid*	12.9 mg	260%
Calcium (from <i>Lithothamnion spp.</i> )	44.1 mg	4%
Iron**	18 mg	100%
Iodine**	159.5 mcg	110%
Magnesium**	24 mg	6%
Zinc**	10 mg	90%
Selenium*	179.8 mcg	330%
Manganese*	2 mg	90%
Chromium**	20 mcg	60%

### Organic Women's Botanical Blend

Organic Fermented Amla (*Phyllanthus emblica*) Berry, Organic Fermented Chaste Tree Berry, Organic Fermented Sage Leaf, Organic Reishi Mycelium.

+ Daily Value (DV) not established.

Other ingredients: Hypromellose.

\*Probiotic Fermented Nutrient \*\*Enzyme Activated Material

**Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, fish, egg.**

**WARNING:** If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if inner safety seal is broken or missing. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place. **NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

† 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.

Manufactured for:



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CL-WFM5449-061522