

USAGE: Take 2 tablets per day with meals or as directed by your qualified healthcare professional.

Jarrow Formulas® Women's Multi is specially formulated to meet women's nutritional needs:

- Vitamin D promotes calcium absorption, needed for maintaining strong bones.
- For antioxidation protection against free radical damage: **Pomegranate, gamma-tocopherol, selenium** and **grape seed extract**.*
- For skin and healthy veins: **Bioflavonoids, grape seed extract** and **pomegranate extract**.*
- For brain and nerve tissue: **Methylcobalamin**, the superior coenzyme form of B₁₂.*

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Suitable for vegetarians/vegans.
Keep out of the reach of children.

* 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.

03513WMV PROD # 101026



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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Lot #. Best Used Before:

Jarrow
FORMULAS®

Two Per Day

Women's Multi

1000 IU
Vitamin D

A Comprehensive Multi
with Pomegranate

60
TABLETS

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving % DV*			Amount Per Serving % DV*		
Vitamin A (as palmitate)	2500 IU	50%	Magnesium (as magnesium oxide)	100 mg	25%
Beta-Carotene (natural source)	2500 IU	50%	Zinc (as zinc monomethionate)	15 mg	100%
Vitamin C (as calcium ascorbate)	200 mg	333%	Selenium (as methylselenocysteine)	35 mcg	50%
Vitamin D ₂ (ergocalciferol)	1000 IU	250%	Copper (as copper gluconate)	2 mg	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%	Manganese (as manganese citrate)	2 mg	100%
Vitamin K ₁ (phyloquinone)	25 mcg	31%	Chromium (yeast bound) (fermentation by <i>Saccharomyces boulardii</i>)	200 mcg	167%
Vitamin B ₁ (as thiamine mononitrate)	15 mg	1000%	Molybdenum (as sodium molybdate)	75 mcg	100%
Vitamin B ₂ (as riboflavin)	15 mg	882%	Potassium (as potassium chloride)	20 mg	1%
Vitamin B ₃ (as niacin)	10 mg	50%	Pomegranate Extract (<i>Punica granatum</i>) (from fruit)	200 mg	†
Vitamin B ₅ (as niacinamide)	50 mg	250%	Choline (as choline bitartrate)	55 mg	†
Vitamin B ₆ (as pyridoxine HCl)	20 mg	1000%	Inositol	50 mg	†
Folic Acid	400 mcg	100%	Citrus Bioflavonoids Complex	30 mg	†
Vitamin B ₁₂ (as methylcobalamin)	20 mcg	333%	d-gamma-tocopherol (from palm fruit distillate)	30 mg	†
Biotin	300 mcg	100%	Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	†
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%	Boron (as sodium borate)	1 mg	†
Calcium (as calcium citrate/carbonate/ascorbate)	200 mg	20%			
Iron (as iron gluconate)	10 mg	55%			
Iodine (as potassium iodide)	153 mcg	102%			

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), stearic acid (vegetable source), wax and natural flavor.

Contains: Soy (in trace amounts).

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Store in a cool, dry place.