



WHOLE FOOD DIETARY SUPPLEMENT | 30 CAPSULES

ANCIENT
NUTRITION

Women's 40+
Once Daily Multi

20 Vitamins & Minerals

Ancient Superfoods
Adaptogenic Herbs
Vitamin K2 (MK-7)



Suggested Use: Adults take 1 capsule per day.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	1,485 mcg	165%
Vitamin C*	32.8 mg	36%
Vitamin D*	48.9 mcg	244%
Vitamin E (as d-alpha tocopherol succinate)	23.6 mg	157%
Vitamin K (as menaquinone-7)	86.4 mcg	72%
Thiamin*	2.1 mg	175%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	392%
Niacin* (as niacinamide)	5.3 mg	33%
Vitamin B6 (as pyridoxine-5 phosphate)	17 mg	1000%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	892.3 mcg DFE	223%
Vitamin B12 (as methylcobalamin)	9.4 mcg	391%
Biotin*	140.6 mcg	469%
Pantothenic acid*	6.9 mg	139%
Calcium (from eggshell)	26.1 mg	2%
Iron**	6 mg	33%
Magnesium**	10 mg	2%
Zinc**	5 mg	45%
Selenium*	73.9 mcg	134%
Manganese*	1 mg	43%
Chromium*	20 mcg	57%

TCM Women's 40+ Blend

+ 99 mg
Bovine Liver, Organic Astragalus Root Extract, Organic Chinese Yam Root Extract, Beef Bone Broth, Organic Schisandra Berry Extract, Chicken Bone Broth, Organic Lycium Berry Extract, Organic Chastetree Berry Extract, Organic Licorice Root Extract, Organic Ginkgo Leaf Extract, Organic Reishi Mushroom Extract, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: Beef gelatin.

CONTAINS: Egg, Fish (Hake).

*Nutrient fermented from *Saccharomyces cerevisiae* **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**
Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, egg, fish.

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 center immediately.

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.

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Manufactured for:
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