Suggested Usage: Take 3 tablets daily with food

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xvlitol, which is harmful to pets. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Natural color variation may occur in this product.

Store in a cool, dry place after opening. Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.



**CODE 3797D** V15





## **Tablets**

Superior Women's Multi

- •With Cranberry, Alpha Lipoic Acid & CoQ10
- · Plus Superfruits Pomegranate, Acai & Mangosteen



180 Tablets

A Dietary Supplement Vegetarian/Vegan



## **Vitamins**

## **Supplement Facts**

Serving Size 3 Tablets S	ervings l	Per Contai	ner 60
	A	mount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carote	ene)	3,000 mcg	333%
Vitamin C (from Calcium Asco and Ascorbyl Palmitate)	rbate	300 mg	333%
Vitamin D (as Ergocalciferol)		(1,000 IU)	125%
Vitamin E (as d-alpha Tocophery		te) 134 mg	893%
Vitamin K-1 (as Phytonadione)		35 mcg	29%
Thiamin (Vitamin B-1) (from Th	niamin H		2083%
Riboflavin (Vitamin B-2)		25 mg	1923%
Niacin (Vitamin B-3) (as Niacir and from Inositol Hexanicot		30 mg	1889
Vitamin B-6 (from Pyridoxine F Pyridoxal-5-Phosphate (P-5		25 mg	14719
Folate	(800 mc)	0 mcg DFE g folic acid)	340%
Vitamin B-12 (as Methylcobala	min)	200 mcg	8333%
Biotin		300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate	e)	50 mg	10009
Choline (from Choline Bitartrat	ie)	25 mg	59
Calcium [from Calcium Carbonate (A Derived Minerals) and Calc	cium Asco	orbate]	199
Iron (from Ferrous Bisglycinate (Ferrochel™)	)	18 mg	1009
lodine (from Potassium Iodide)		150 mcg	1009
Magnesium (from Magnesium and Aquamin® Seaweed De		100 mg nerals)	249
Zinc (from Zinc Bisglycinate) (	TRAACS	™) 15 mg	1369
Selenium (from L-Selenomethi	ionine)	200 mcg	3649

	(TRAACS™)	1 mg	111
)	Manganese (from Manganese Bisglycinate) (TF	2 mg RAACS™)	87
ily	Chromium (from Chromium Picolinate)	120 mcg	343
we %	Molybdenum (from Sodium Molybdate)	75 mcg	167
%	Potassium (from Potassium Chloride)	25 mg	< '
%	Cranberry (Vaccinium macrocarpon) (Fruit)	100 mg	
%	Pomegranate Extract (Fruit)	50 mg	
%	Organic Acai ( <i>Euterpe oleracea</i> ) (Fruit Skin and Pulp)	50 mg	
%	Mangosteen Extract (Fruit Peel) (Garcinia mangostana)	50 mg	
%	CoQ10 (Coenzyme Q10)	30 mg	
%	Alpha Lipoic Acid	30 mg	
70	Inositol	25 mg	
%	Organic Aloe Vera (Leaf) (Concentrate)	25 mg	
	Lycopene (from Tomato Extract)	500 mcg	
%	Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	500 mcg	
,,,	Vitamin K-2 (as Menaguinone)	45 mca	

Other ingredients: Microcrystalline Cellulose, Hydroxypropyl Cellulose, Vegetarian Coating hypromellose (cellulose), calcium carbonate, xylitol, mct oil (medium-chain triglycerides), spirulina extract, riboflavini, Silicon Dioxide, Stearic Acid (vegetable source) and

Vitamin E from non-GMO sov. MCT oil from coconut/palm kernel oil.

† Daily Value not established.

NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

