



# OPTI-WOMEN<sup>®</sup>

## MULTIVITAMIN FOR ACTIVE WOMEN

SUPPORTS CELLULAR  
ENERGY & IMMUNITY\*\*\*

SUPPORTS  
MUSCLE HEALTH\*

SUPPORTS  
BONE HEALTH\*

\*\*\*B-VITAMINS SUPPORT THE  
BREAKDOWN AND TRANSPORT  
OF NUTRIENTS

DIETARY SUPPLEMENT 120 CAPSULES 60 SERVINGS

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

|                                                          | Amount Per Serving                  | % Daily Value |
|----------------------------------------------------------|-------------------------------------|---------------|
| Vitamin A<br>(as beta carotene, vitamin A palmitate)     | 900 mcg                             | 100%          |
| Vitamin C (as ascorbic acid)                             | 375 mg                              | 417%          |
| Vitamin D (as cholecalciferol)                           | 30 mcg                              | 150%          |
| Vitamin E (as d-alpha tocopheryl succinate)              | 50 mg                               | 333%          |
| Vitamin K (as phytonadione)                              | 120 mcg                             | 100%          |
| Thiamin (as thiamin hydrochloride)                       | 16 mg                               | 1333%         |
| Riboflavin                                               | 15.25 mg                            | 1173%         |
| Niacin (as niacinamide)                                  | 16 mg                               | 100%          |
| Vitamin B6 (as pyridoxine hydrochloride)                 | 17 mg                               | 1000%         |
| Folate                                                   | 600 mcg DFE<br>(360 mcg folic acid) | 150%          |
| Vitamin B12 (as cyanocobalamin)                          | 40 mcg                              | 1667%         |
| Biotin                                                   | 25 mcg                              | 83%           |
| Pantothenic Acid (as d-calcium pantothenate)             | 10 mg                               | 200%          |
| Calcium (as calcium carbonate, citrate)                  | 190 mg                              | 15%           |
| Iron (as ferrous fumarate)                               | 18 mg                               | 100%          |
| Iodine (as kelp, potassium iodide)                       | 200 mcg                             | 133%          |
| Magnesium (as magnesium oxide, aspartate)                | 80 mg                               | 19%           |
| Zinc (as zinc citrate)                                   | 11 mg                               | 100%          |
| Selenium (as sodium selenate, L-selenomethionine)        | 55 mcg                              | 100%          |
| Copper (as copper gluconate)                             | 0.9 mg                              | 100%          |
| Manganese (as manganese sulfate)                         | 5.75 mg                             | 250%          |
| Chromium (as chromium GTF, chromium chloride)            | 35 mcg                              | 100%          |
| Molybdenum (as molybdenum A.A. chelate)                  | 42 mcg                              | 93%           |
| Chasteberry (Vitex agnus-castus) 4:1 Berry Extract       | 50 mg                               | *             |
| Garcinia Extract (Garcinia cambogia)(fruit)              | 50 mg                               | *             |
| Uva Ursi Powder (leaf)                                   | 50 mg                               | *             |
| Horse Chestnut Extract<br>(Aesculus hippocastanum)(root) | 25 mg                               | *             |
| Alpha Lipoic Acid                                        | 20 mg                               | *             |
| Butcher's Broom Powder (root)                            | 15 mg                               | *             |
| Grape Seed Extract                                       | 10 mg                               | *             |
| Isopropoxy Isoflavone                                    | 10 mg                               | *             |
| Deodorized Garlic                                        | 10 mg                               | *             |
| Lemon Peel                                               | 10 mg                               | *             |
| Soy Isoflavones                                          | 2 mg                                | *             |
| Lycopene                                                 | 250 mcg                             | *             |
| Lutein                                                   | 250 mcg                             | *             |
| Alpha-Carotene                                           | 93.5 mcg                            | *             |
| Cryptoxanthin                                            | 22.8 mcg                            | *             |
| Zeaxanthin                                               | 18.7 mcg                            | *             |

\*Daily Values not established

## OTHER INGREDIENTS:

Hydroxypropylmethyl Cellulose,  
Microcrystalline Cellulose, Calcium  
Phosphate, Magnesium Stearate,  
Silica.

CONTAINS: SOY.

**ON** MANUFACTURED BY  
OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200  
Downers Grove, IL 60515  
1 (800) 705-5226



V3 452 1220US  
6055101