



WOMEN'S Multivitamin

AM / PM

MORNING

Empowered
& Radiant

EVENING

Serene &
Balanced

DIETARY SUPPLEMENT

60
AM Tablets

60
PM Tablets



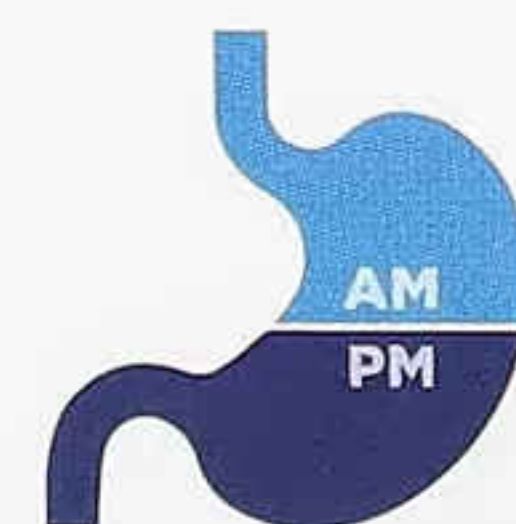
MAXIMIZE YOUR WOMEN'S MULTIVITAMIN

Timing is Key
Certain vitamins are better utilized in the morning, while others are better in the evening

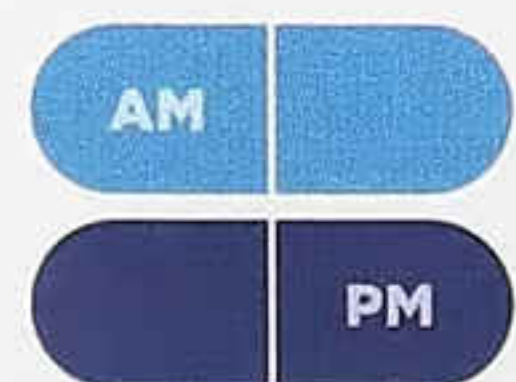
Vitamin B-12,
Magnesium
Malate &
Organic
Spirulina



Vitamins
A, D, E,
Magnesium
Glycinate &
Tart Cherry



Dosage Matters
Divided doses of Iron & Magnesium to ease digestive discomfort



Double the Power
Double doses of Magnesium & 72 Trace Minerals to fuel in the AM & replenish in the PM



WOMEN'S Multivitamin AM/PM

FORMULATED TO SUPPORT WOMEN'S HEALTH INSIDE-OUT

For radiant mornings & serene evenings

Thyroid Balance[†]

Cellular Energy[†]

Immune Support[†]

Bone Strength[†]

THE KAL DIFFERENCE

BETTER QUALITY Lab-tested for purity & potency
BETTER EXPERTISE Serving families for generations
BETTER FOR YOU Vegan, made without GMOs & Gluten



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WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Not for use by persons under the age of 18. Keep your licensed health care practitioner informed when using this product. Do not use if you are pregnant or nursing. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately. May decrease effectiveness of sulfonamide drugs (sulfa drugs).

Directions: Take two AM tablets daily with a meal or glass of water in the morning. Take two PM tablets daily in the evening with a meal or glass of water. Use only as directed. Store in a cool, dry place.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30



	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D-3 (as Cholecalciferol from Algae)	20 mcg	100%
Thiamine (as Thiamine Mononitrate) (B-1)	10 mg	833%
Riboflavin (B-2)	10 mg	769%
Niacin (as Niacinamide) (B-3)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	15 mg	882%
Folate (from 5-Methyltetrahydrofolate Glucosamine Salt)	200 mcg DFE (120 mcg Folic Acid)	50%
Vitamin B-12 (as Methylcobalamin)	500 mcg	20833%
Biotin	1000 mcg	3333%
Pantothenic Acid (from Calcium Pantothenate)	10 mg	200%
Choline (from Choline Bitartrate)	25 mg	4%
Iron (from Iron Glycinate)	6 mg	33%
Iodine (from Potassium Iodide)	75 mcg	50%
Magnesium (from Magnesium Malate)	105 mg	25%
Zinc (from Zinc Citrate)	5.5 mg	50%
Selenium (as Yeast-Free L-Selenomethionine)	27.5 mcg	50%
Manganese (from Manganese Citrate)	1.15 mg	50%
Chromium (from Chromium Picolinate)	17.5 mcg	50%
Potassium (from Potassium Citrate)	50 mg	1%
Inositol	25 mg	*
PABA	25 mg	*
72 Trace Mineral Blend	5 mg	*
Silica (from Bamboo Extract)	10 mg	*
Ashwagandha (<i>Withania somnifera</i>) (root extract)	25 mg	*
Organic Spirulina (<i>Arthrospira platensis</i>) (whole)	150 mg	*
KAL ActiSorb™ Base (Black Pepper Extract, Ginger Root Extract, Rosemary Leaf Extract, Turmeric Root Extract, Cayenne Pepper)	12.5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, and Silica.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30



	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin D-3 (as Cholecalciferol from Algae)	20 mcg	100%
Vitamin E (as d-Alpha Tocopherol from Sunflower)	15 mg	100%
Vitamin K-1 (as Phylloquinone)	120 mcg	100%
Folate (from 5-Methyltetrahydrofolate Glucosamine Salt)	200 mcg DFE (120 mcg Folic Acid)	50%
Iron (from Iron Glycinate)	6 mg	33%
Iodine (from Potassium Iodide)	75 mcg	50%
Magnesium (from Magnesium Glycinate)	105 mg	25%
Zinc (from Zinc Citrate)	5.5 mg	50%
Selenium (as Yeast-Free L-Selenomethionine)	27.5 mcg	50%
Manganese (from Manganese Citrate)	1.15 mg	50%
Chromium (from Chromium Picolinate)	17.5 mcg	50%
Molybdenum (from Molybdenum Glycinate)	22.5 mcg	50%
Potassium (from Potassium Citrate)	50 mg	1%
72 Trace Mineral Blend	10 mg	*
GABA	100 mg	*
Tart Cherry (<i>Prunus cerasus</i>) (fruit extract)	25 mg	*
KAL ActiSorb™ Base (Black Pepper Extract, Ginger Root Extract, Rosemary Leaf Extract, Turmeric Root Extract, Cayenne Pepper)	12.5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Silica, Modified Tapioca Starch, Maltodextrin, and Sodium Alginate.

Mfd. by Nutraceutical Corp. KAL® Salt Lake City, UT 84101 | 800.538.5888



†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.