

NUTRITIONWORKS™

IMPROVED FORMULA

MAXIMUM FEMALE™

Designed for the
Specific Needs
of a
Woman

- **Complete Vitamin & Mineral Formula for Optimal Health†**
- **Strengthens Bones with 500 mg of Calcium†**
- **Fights Aging Process With Advanced Antioxidant Formula†**
- **Builds Immune System with 5000 IU of Vitamin A and 1000 IU of Vitamin D†**

Dietary Supplement
90 Tablets

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 45

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin mononitrate)	50 mg	3,333%
Riboflavin	50 mg	2,941%
Niacin (as niacin and niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2,500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	50 mg	500%
Calcium (as calcium carbonate)	500 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenate)	200 mcg	286%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (as chromium dinicotinate glycinate)	120 mcg	100%
Molybdenum (as sodium molybdate)	75 mcg	100%
Green tea leaf extract (98% polyphenols)	40 mg	*
Alpha-Lipoic acid	25 mg	*
Choline (as choline bitartrate)	10 mg	*
Inositol	10 mg	*
Lycopene	2 mg	*
Lutein	2 mg	*
Female Support Blend:	25 mg	*
Hawthorn fruit, red raspberry leaf, cranberry fruit extract, rhodiola root extract, açai fruit extract (<i>Euterpe oleracea</i>), blueberry fruit, beet root and coenzyme Q-10		

*Daily value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and coating (polyvinyl alcohol, talc, macrogol, polysorbate 80).

CAUTION: Transient flushing and feeling of warmth might be associated with the ingestion of niacin containing products.

Distributed by:

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