

SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING OR PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

DR. MERCOLA®

WHOLE-FOOD COMPLEX
with added
MULTIVITAMIN
plus
VITAL MINERALS

FOR WOMEN

240 Tablets | Dietary Supplement



Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	20		Magnesium (from Magnesium Amino Acid Chelate and Magnesium Ascorbate)	500 mg	119%	Chlorella (<i>Chlorella vulgaris</i>)	100 mg	**
Total Carbohydrate	4 g	1%*	Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Inositol	100 mg	**
Dietary Fiber	3 g	11%*	Selenium (from Selenium Amino Acid Complex)	200 mcg	364%	Lemon Bioflavonoid Complex	100 mg	**
Total Sugars	0 g	**	Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Papain	100 mg	**
Vitamin A (as Beta Carotene)	1,500 mcg	167%	Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Rose Hips	100 mg	**
Vitamin C (from Ascorbyl Palmitate, Calcium Ascorbate, Niacinamide Ascorbate, Magnesium Ascorbate)	500 mg	556%	Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Silica	100 mg	**
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Potassium (from Potassium Amino Acid Complex)	100 mg	2%	Spirulina (<i>Arthrospira platensis</i>)	100 mg	**
Vitamin E [as d-Alpha Tocopheryl Succinate (from Sunflower Oil)]	134 mg	893%	Dr. Mercola's Blend for Women's Health [Cranberry (Fruit), Beet (Root)^, Kale (Leaf)^, Broccoli (Florets)^, Carrot (Root)^, Parsley (Leaf)^, Cauliflower (Florets), Garlic (Bulb), Green Cabbage (Leaf)^, Raspberry (Fruit)^, Blueberry (Fruit)^, Apple (Fruit)^, Spinach (Leaf)^, Strawberry (Fruit)^, Tomato (Fruit)^, Red Clover (Aerial), Shatavari (Root Extract), Evening Primrose Oil, Diindolyl Methane]	1,581 mg	**	Bromelain	50 mg	**
Thiamin (Vitamin B1) (as Thiamin HCl)	3 mg	250%	L-Cysteine and N-Acetyl L-Cysteine	150 mg	**	PABA (Para-Aminobenzoic Acid)	50 mg	**
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Betaine (from Betaine HCl)	114 mg	**	Grape Seed Extract (95% Proanthocyanidins)	49 mg	**
Niacin (Vitamin B3) (as Niacinamide Ascorbate)	40 mg	250%				Hesperidin (from Citrus Fruits)	35 mg	**
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg	235%				Rutin	25 mg	**
Folate (5-Methyltetrahydrofolic Acid, Calcium Salt)	1,333 mcg DFE (800 mcg Folic Acid)	333%				L-Glutamic Acid	20 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%				Grape Skin Extract (40% Polyphenols)	8 mg	**
Biotin	900 mcg	3000%				Lutein (from Marigold (<i>Tagetes erecta</i>) Flower)	6 mg	**
Pantothenic Acid (Calcium D-Pantothenate)	30 mg	600%				Lycopene (from Tomato (Fruit))	6 mg	**
Choline (from Choline Bitartrate)	140 mg	25%				Boron (from Bororganic Glycine)	1.5 mg	**
Calcium (from Calcium Citrate Malate and Calcium Ascorbate)	250 mg	19%				Zeaxanthin (from Marigold (<i>Tagetes erecta</i>) Flower)	1 mg	**
Iodine (from Kelp)	200 mcg	133%				Pine Bark Extract (95% Proanthocyanidins)	1 mg	**

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin), Gum Acacia^.

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

Providing quality products since 2001.

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

^Organic Ingredients