



One 'n' OnlyTM WOMEN

**ONCE-DAILY
WHOLE FOOD BASED MULTIVITAMIN**
SUPPORTS GENERAL HEALTH,
INCREASED ENERGY, IMMUNE
FUNCTION, STRESS RESPONSE*

30 TABLETS | 30 SERVINGS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (7500 IU)	2250 mcg	250%
Vitamin C (as Calcium ascorbate)	120 mg	133%
Vitamin D3 (as VitaShine TM vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)(100 IU)	83 mg	553%
Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)	23.25 mg	1938%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5-phosphate)	25.5 mg	1962%
Niacin (as niacin, niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	31.5 mg	1853%
Folate (as Quatrefolic [®] (6S)-5-Methyltetrahydrofolate, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic acid (as d-calcium pantothenate)	30 mg	600%
Iron (as Iron bis-glycinate)	9 mg	50%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	25 mg	6%
Zinc (as Zinc lactate)	15 mg	136%
Selenium (as Selenium l-methyl selenocysteine)	150 mcg	273%
Copper (as Copper sebacate)	1 mg	111%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum glycinate)	75 mcg	167%

	Amount Per Serving	%DV
SuperFood Complex 293 mg *		
Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin		
Herbal Extracts 210 mg ... *		
Codonopsis extract (root), Chaste tree extract (fruit), Dong quai extract (root), Astragalus extract (root), Milk thistle extract (fruit and seed), Schizandra extract (fruit and seed), White peony extract (root)		
Female Support Factors 160 mg ... *		
Ipriflavone, German chamomile extract (flower), Kudzu extract (root), Raspberry extract (leaf)		
Immune Factors 115 mg ... *		
Cordyceps extract (mycelia), Aloe vera extract (leaf), Agaricus blazei murrill extract (fruiting body), Maitake extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Turkey tail extract (fruiting body)		
Co-Nutrients 70 mg *		
Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)		
Fruit Extracts 60 mg *		
Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend; Mangosteen fruit extract		
Bioflavonoids 30 mg *		
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Digestive Aids/Enzymes 17.5 mg ... *		
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine [®])		
Minerals 520 mcg .. *		
Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

Other Ingredients:
cellulose, stearic acid, croscarmellose sodium, silicon dioxide, l-leucine

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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.



With over 14,500 mg of whole food value, One 'n' OnlyTM Women combines vitamins, minerals, Organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely feminine factors into an amazing one-daily multivitamin and mineral complex to support:

- ✓ Energy Levels*
- ✓ Immune & Stress Response*
- ✓ Bone, Breast & Digestive Health*
- ✓ Hormone Balance*
- ✓ General Metabolism*
- ✓ Cellular Health*

Suggested Use: One tablet daily. May be taken with a meal or on an empty stomach.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach. Not intended for use during pregnancy.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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