

Supplements



that Make Sense

HIGHLAND
LABORATORIES

Women's 30 Plus Multi™

DIETARY SUPPLEMENT

120 Capsules

Supplement Facts

Serving Size: 2 Vegetarian Capsules

Amount Per Serving	% DV†	Amount Per Serving	% DV†
Vitamin A 3,500 IU 70		Molybdenum 75 mcg... 100	
(100% as natural beta carotene from <i>Dunaliella salina</i>)		(from molybdenum amino acid chelate)	
Vitamin C 120 mg..... 200		Chloride (from potassium chloride) 72 mg..... 2	
(from magnesium ascorbate and calcium ascorbate)		Potassium (from potassium chloride) 80 mg..... 2	
Vitamin D (ergocalciferol) 400 IU 100			
Vitamin E 60 IU 200		Cocoa Extract 200 mg..... *	
(natural d, alpha-tocopheryl succinate)		(<i>Theobroma cacao</i> seed, standardized to 6% theobromine)	
Vitamin K (phytonadione) 25 mcg..... 31		DIM (Diindolylmethane) 100 mg..... *	
Thiamin (from thiamine mononitrate) 30 mg..... 2,000		Astragalus (<i>Astragalus membranaceus</i> Root) ... 35 mg..... *	
Riboflavin 34 mg..... 2,000		Bromelain 1,200 GDU 35 mg..... *	
Niacin (from niacinamide and niacin) 40 mg..... 200		Bilberry Fruit 5:1 Extract (<i>Vaccinium myrtillus</i>) ... 25 mg..... *	
Vitamin B6 (from pyridoxine HCl) 60 mg..... 3,000		Black Cohosh Standardized Extract 25 mg..... *	
Folic Acid 400 mcg..... 100		(<i>Cimicifuga racemosa</i>)	
Vitamin B12 (as cyanocobalamin) 120 mcg... 2,000		(standardized to 2.5% 27-deoxyacetein)	
Biotin 50 mcg..... 16		Grape Seed Extract 25 mg..... *	
Pantothenic Acid (from d-calcium pantothenate) ... 50 mg..... 500		(<i>Vitis vinifera</i> , standardized to 95% proanthocyanidins)	
Calcium 50 mg..... 5		Curcumin C ³ Complex® 20 mg..... *	
(from calcium chelate and calcium ascorbate)		Silica 4 mg..... *	
Iodine (kelp) 150 mcg..... 100		(natural, from horsetail herb, <i>Equisetum arvense</i>)	
Magnesium (from magnesium ascorbate) ... 50 mg..... 12		Lutein (natural, from <i>Calendula officinalis</i>) 2 mg..... *	
Zinc (from zinc citrate) 15 mg..... 100		Vanadyl Sulfate 2 mg..... *	
Selenium (from L-selenomethionine) 70 mcg..... 100		Boron (from boron citrate) 0.5 mg..... *	
Copper (from copper gluconate) 2 mg..... 100		Lycopene 0.5 mg..... *	
Manganese (from manganese citrate) 4 mg..... 200			
Chromium (GTF, from Chromate™) 120 mcg..... 100			

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free from hard shell capsule), special plant cellulose, magnesium trisilicate, magnesium stearate, and silica. Printing on capsule shell titanium dioxide.

NO corn, soy, salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives.

Two capsules daily with meals, up to four capsules per day.

Curcumin C³ Complex® is a registered trademark of Sabinsa Corporation.

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