



NON-GMO



GLUTEN-FREE



NO SYNTHETIC
COLORS OR FLAVORS

What's inside

Vitamins

A blend of essential Vitamins A, B6, B12, C, D and E plus Biotin, Folate and Niacinamide

Minerals

Including Calcium, Iron, Magnesium, Potassium, Zinc and Selenium

Total Health Blend

A blend of Pomegranate, Papaya and Cranberry for overall female health*



Daily Wellness Essentials



byhabit.com

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VITAMINS +
MINERALS



WOMEN'S MULTI

Supports general health
and wellness*

VITAMINS A-E · IRON
FOLATE · ZINC · CRANBERRY

60 CAPSULES | DIETARY SUPPLEMENT

Suggested Use (Adults): Take 1 capsule daily with food or as directed by your healthcare professional.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 60

	Amount per Serving	%DV [†]
VITAMIN A (AS RETINYL ACETATE)	450 MCG	50 %
VITAMIN C (AS CALCIUM ASCORBATE, FROM ACEROLA EXTRACT)	49 MG	54 %
VITAMIN D (AS CHOLECALCIFEROL)	5 MCG (200 IU)	25 %
VITAMIN E (AS D- α -TOCOPHERYL SUCCINATE)	7.4 MG	49 %
THIAMIN (AS THIAMIN HYDROCHLORIDE)	0.6 MG	50 %
RIBOFLAVIN	0.65 MG	50 %
NIACIN (AS NICOTINAMIDE)	8 MG	50 %
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	1 MG	59 %
FOLATE (200 MCG FOLIC ACID)	333 MCG DFE	83 %
VITAMIN B12 (AS CYANOCOBALAMIN)	1.2 MCG	50 %
BIOTIN	15 MCG	50 %
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	3 MG	60 %
CALCIUM (AS CALCIUM CARBONATE & PANTOTHENATE)	65 MG	5 %
IRON (AS FERROUS SULFATE)	4.5 MG	25 %
MAGNESIUM (AS MAGNESIUM OXIDE)	21 MG	5 %
ZINC (AS ZINC SULFATE)	2.75 MG	25 %
SELENIUM (AS SODIUM SELENITE)	275 MCG	50 %
COPPER (AS COPPER CITRATE)	0.34 MG	38 %
MANGANESE (AS MANGANESE CITRATE)	0.28 MG	12 %
CHROMIUM (AS CHROMIUM NICOTINATE GLYCINATE)	175 MCG	50 %
MOLYBDENUM (AS MOLYBDENUM GLYCINATE)	22.5 MCG	50 %
CHLORIDE (AS POTASSIUM CHLORIDE)	66 MG	3 %
POTASSIUM (AS POTASSIUM CHLORIDE)	70 MG	1 %
TOTAL HEALTH BLEND	70MG	†
POMEGRANATE (PUNICA GRANATUM) PERICARP EXTRACT, CRANBERRY (VACCINIUM MACROCARPON) FRUIT POWDER, CABBAGE PALM (EUTERPE OLERACEA) FRUIT JUICE POWDER, PAPAYA (CARICA PAPAYA) FRUIT JUICE POWDER, ACEROLA (MALPIGHIA GLABRA) FRUIT POWDER		
[†] DAILY VALUE (DV) NOT ESTABLISHED.		

OTHER INGREDIENTS: HYDROXYPROPYL, METHYLCELLULOSE, MICROCRYSTALLINE CELLULOSE, MALTODEXTRIN, β -CYCLODEXTRIN, MAGNESIUM STEARATE, SILICON DIOXIDE

Take only as directed. If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use.

Store in a cool dry place. Do not use if inner seal is broken or missing. See lot no. and expiry date on bottom of bottle.

Processed in a facility with products that may contain milk, soy, fish, shellfish and wheat.

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.

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2121 E MAPLE AVE, EL SEGUNDO, CA 90245, USA
MANUFACTURED IN CHINA



REMOVE
SEAL AND
LABEL
BEFORE
RECYCLING

#108140



1.0

*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.

FILL LINE