

Suggested Usage: Take 3 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

*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.

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results.

Natural color variation may occur in this product. Store in a cool, dry place after opening.

SOFTGEL SIZE



Butterfly Express[®]

QUALITY SUPPLEMENTS

Multi+

Women's Multi

- With Evening Primrose, Cranberry, Horsetail Silica & CoQ10
- Gentler and Easier to Swallow & Absorb

90 Softgels
A Dietary Supplement

Vitamins

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2 g	3%*
Protein	1 g	
Vitamin A (100% from Beta-Carotene) (Betatene [®])	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	200 mg	222%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K-1 (as Phytonadione)	35 mcg	29%
Thiamin (Vitamin B-1)(from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3)(from Niacinamide and Inositol Hexanicotinate)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	1360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as Methylcobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (Aquamin [®] Seaweed Derived Minerals, Calcium Carbonate, Ascorbate, Pantothenate)	140 mg	11%
Iron (from Ferrous Bisglycinate) (Ferrochel [™])	6 mg	33%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate, Magnesium Oxide and Aquamin [®] Seaweed Derived Minerals)	100 mg	24%
Zinc (from Zinc Bisglycinate)(TRAACS [™])	15 mg	136%

Selenium (from Selenium Glycinate) (Albion [™])	200 mcg	364%
Copper (from Copper Bisglycinate)	1 mg	111%
Manganese (from Manganese Bisglycinate) (TRAACS [™])	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate)(TRAACS [™])	120 mcg	343%
Molybdenum (from Molybdenum Glycinate)(TRAACS [™])	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	<1%
Evening Primrose Oil (<i>Oenothera biennis</i>) (Seed)	500 mg	†
Cranberry Concentrate (<i>Vaccinium macrocarpon</i>) (Fruit)	100 mg	†
Horsetail Extract (<i>Equisetum arvense</i>) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf)	25 mg	†
Inositol	25 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (from Tomato Extract) (LYC-O-MATO [®])	500 mcg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO [®])	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 mcg	†

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

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Flax Seed Oil, Soy Lecithin and Beeswax. Made and quality tested in the USA with globally sourced ingredients. Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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