

90 CAPSULES
DIETARY SUPPLEMENT

+ Cellular Energy[†]
+ Antioxidant Support[†]

WOMEN'S GOLDEN MULTIVITAMIN

Solaray[®]
EST. 1973



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Do not use if you are pregnant or nursing.

Directions: Use only as directed. Take 3 capsules daily with a meal or glass of water of the day. Store in a cool, dry place.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (Beta Carotene, Retinyl Palmitate)	3,500 mcg 389%
Vitamin C (as Ascorbic Acid)	400 mg 444%
Vitamin D (as Cholecalciferol) (D-3)	10 mcg 50%
Vitamin E (as d-Alpha Tocopheryl Succinate)	268 mg 1,787%
Thiamine (as Thiamine Mononitrate) (B-1)	25 mg 2,083%
Riboflavin (B-2)	25 mg 170%
Niacin (as Niacinamide) (B-3)	40 mg 250%
Folate	680 mcg DFE 170% (400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	192 mcg 8,000%
Biotin	300 mcg 1,000%
Pantothenic Acid (from Calcium d-Pantothenate)	25 mg 500%
Calcium (from Calcium Citrate, Calcium Malate, Calcium Carbonate)	75 mg 6%
Iodine (from Potassium Iodide and from Kelp [<i>Laminaria spp.</i>])	150 mcg 100%
Magnesium (from Magnesium Oxide, Magnesium Citrate)	40 mg 10%
Zinc (from Zinc Citrate)	12 mg 109%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (from Copper Gluconate)	2 mg 222%
Manganese (from Manganese Gluconate)	5 mg 217%
Chromium (from Chromium Arginate)	188 mcg 537%
Potassium (from Potassium Chloride)	15 mg <1%
Carotenoid Complex	*
Tomato Powder (<i>Lycopersion esculentum</i>), Carrot Powder (<i>Daucus carota</i>), Spinach Powder (<i>Spinacia oleracea</i>) and Broccoli Powder (<i>Brassica oleracea</i>)	20 mg
Boron (from Boric Acid)	6 mg *
Bioflavonoids Concentrate (<i>Citrus limonium</i>)	5 mg *
Horsetail (aerial extract)	10 mg *
Women's Herbal Support Complex	*
Alfalfa Herb (<i>Medicago sativa</i>), Dong Quai (<i>Angelica sinensis</i>) (root), Soy Concentrate (<i>Glycine max</i>), Wild Yam (<i>Dioscoria villosa</i>) (root) and Chaste Berry (<i>Vitex angus castus</i>) (berry)	65 mg

*Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Soy, Cellulose, Magnesium Stearate, Sucrose, Acacia and Silica.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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