

**USAGE:** Take 2 tablets per day with meals or as directed by your qualified healthcare professional.

**Jarrow Formulas® Women's Multi** is specially formulated to meet women's nutritional needs:

- Vitamin D promotes calcium absorption, needed for maintaining strong bones.
- For antioxidation protection against free radical damage: **Pomegranate, gamma tocopherol, selenium** and **grape seed extract**.\*
- For skin and healthy veins: **Bioflavonoids, grape seed extract** and **pomegranate extract**.\*
- For brain and nerve tissue: **Methylcobalamin**, the superior coenzyme form of B<sub>12</sub>.\*

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Suitable for vegetarians/vegans.  
Keep out of the reach of children.

\* 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.

04414WMV PROD # 101026



Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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**Jarrow**  
FORMULAS®

Two Per Day

# Women's Multi

1000 IU  
Vitamin D

A Comprehensive Multi  
with Pomegranate

60  
TABLETS

DIETARY  
SUPPLEMENT



EASY  
SOLV

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

| Amount Per Serving % DV*                         |         |       | Amount Per Serving % DV*                                                                        |         |      |
|--------------------------------------------------|---------|-------|-------------------------------------------------------------------------------------------------|---------|------|
| Vitamin A (as palmitate)                         | 2500 IU | 50%   | Magnesium (as magnesium oxide)                                                                  | 100 mg  | 25%  |
| Vitamin A (from mixed carotenoids)               | 2500 IU | 50%   | Zinc (as zinc monomethionate)                                                                   | 15 mg   | 100% |
| Vitamin C (as calcium ascorbate)                 | 200 mg  | 333%  | Selenium (as selenomethionine) (yeast bound) (fermentation by <i>Saccharomyces cerevisiae</i> ) | 35 mcg  | 50%  |
| Vitamin D <sub>2</sub> (ergocalciferol)          | 1000 IU | 250%  | Copper (as copper gluconate)                                                                    | 2 mg    | 100% |
| Vitamin E (as d-alpha tocopheryl succinate)      | 30 IU   | 100%  | Manganese (as manganese citrate)                                                                | 2 mg    | 100% |
| Vitamin K <sub>1</sub> (phyloquinone)            | 25 mcg  | 31%   | Chromium (yeast bound) (fermentation by <i>Saccharomyces boulardii</i> )                        | 200 mcg | 167% |
| Vitamin B <sub>1</sub> (as thiamine mononitrate) | 15 mg   | 1000% | Molybdenum (as sodium molybdate)                                                                | 75 mcg  | 100% |
| Vitamin B <sub>2</sub> (as riboflavin)           | 15 mg   | 882%  | Potassium (as potassium chloride)                                                               | 20 mg   | 1%   |
| Vitamin B <sub>3</sub> (as niacin)               | 10 mg   | 50%   | Pomegranate Extract ( <i>Punica granatum</i> ) (from fruit)                                     | 200 mg  | †    |
| Vitamin B <sub>3</sub> (as niacinamide)          | 50 mg   | 250%  | Choline (as choline bitartrate)                                                                 | 55 mg   | †    |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)       | 20 mg   | 1000% | Inositol                                                                                        | 50 mg   | †    |
| Folic Acid                                       | 400 mcg | 100%  | Citrus Bioflavonoids Complex                                                                    | 30 mg   | †    |
| Vitamin B <sub>12</sub> (as methylcobalamin)     | 20 mcg  | 333%  | Mixed Tocopherols (Gamma Tocopherol 20 mg)                                                      | 30 mg   | †    |
| Biotin                                           | 300 mcg | 100%  | Grape Seed Extract ( <i>Vitis vinifera</i> )                                                    | 25 mg   | †    |
| Pantothenic Acid (as d-calcium pantothenate)     | 25 mg   | 250%  | Boron (as sodium borate)                                                                        | 1 mg    | †    |
| Calcium (as calcium citrate/carbonate/ascorbate) | 200 mg  | 20%   |                                                                                                 |         |      |
| Iron (as iron gluconate)                         | 10 mg   | 55%   |                                                                                                 |         |      |
| Iodine (as potassium iodide)                     | 153 mcg | 102%  |                                                                                                 |         |      |

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

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), wax and natural flavor.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts. Store in a cool, dry place.

Lot #. Best Used Before: