

WHOLE FOOD WOMEN'S EVERYDAY

NATURAL
MULTI



90 VEGETARIAN
CAPSULES
DIETARY SUPPLEMENT

Directions: Take 3 vegetarian capsules daily with a meal.
Protect from heat, light and moisture. Store at 15-25°C (59-77°F).

Supplement Facts

Serving size: 3 vegetarian capsules (1770mg) **Servings per container:** 30

Amount per serving %DV*			Amount per serving %DV*		
Vitamin A (Beta Carotene, from <i>S. cerevisiae</i>)	3500 iu	70%	Iron (from <i>S. cerevisiae</i>)	9 mg	50%
Vitamin C (from Acerola Berry)	60 mg	100%	Phosphorus (from <i>S. cerevisiae</i>)	26 mg	3%
Vitamin D (from <i>S. cerevisiae</i>)	1000 iu	250%	Iodine (from <i>S. cerevisiae</i>)	75 mcg	47%
Vitamin E (from <i>S. cerevisiae</i>)	30 iu	100%	Magnesium (from Milk Mineral Complex, TruCal®)	3 mg	1%
Vitamin K (from <i>S. cerevisiae</i>)	80 mcg	100%	Zinc (from <i>S. cerevisiae</i>)	3 mg	20%
Vitamin B1 (Thiamine, from <i>S. cerevisiae</i>)	3 mg	200%	Selenium (from <i>S. cerevisiae</i>)	20 mcg	29%
Vitamin B2 (Riboflavin, from <i>S. cerevisiae</i>)	4 mg	235%	Copper (from <i>S. cerevisiae</i>)	750 mcg	38%
Vitamin B3 (Niacin, from <i>S. cerevisiae</i>)	20 mg	100%	Manganese (from <i>S. cerevisiae</i>)	2 mg	100%
Vitamin B6 (from <i>S. cerevisiae</i>)	5 mg	250%	Chromium (from <i>S. cerevisiae</i>)	25 mcg	21%
Vitamin B9 (Folic Acid, from <i>S. cerevisiae</i>)	600 mcg	150%	Molybdenum (from <i>S. cerevisiae</i>)	10 mcg	13%
Vitamin B12 (from <i>S. cerevisiae</i>)	15 mcg	250%			
Vitamin B7 (Biotin, from <i>S. cerevisiae</i>)	300 mcg	100%	Spirulina	50mg	†
Vitamin B5 (Pantothenic Acid, from <i>S. cerevisiae</i>)	25 mg	250%			
Calcium (from Milk Mineral Complex, TruCal®)	50 mg	5%			

*Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established

Other ingredients: Vegetable cellulose, silica **Contains:** Milk

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. TruCal® is a registered trademark of Glanbia Nutritionals. This product is not intended to diagnose, treat, cure, or prevent any disease. Contains natural ingredients that may result in color variation. Vegetarian, naturally gluten free, no artificial colors or flavors.

LifeNutrition.com Made in USA



Net Weight: 53.1g (1.87oz)

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