

*Healthy Weight
Management System.*

LEAN BODY *for Her*

Food Based
MULTI-VITAMIN
Dietary Supplement • 60 Capsules



Jamie Eason
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Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic acid and Ascorbyl Palmitate)	126 mg	210%
Vitamin D (as Cholecalciferol)	800 IU	200%
Vitamin E (as Natural D-Alpha-Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytanadione)	100 mcg	125%
Thiamin (as Thiamine HCl)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1250%
Folate (Folic Acid)	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg	250%
Calcium (as Calcium Carbonate and Calcium D-Pantothenate)	202 mg	20%
Iron (as Ferrous Fumarate)	6 mg	33%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Citrate)	10 mg	67%
Selenium (as Selenium Citrate)	200 mcg	286%

Other Ingredients: Hypromellose (capsules), Bamboo Stem Extract.

* 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.

Suggested Use: Take two capsules with water in the a.m. before or with a meal.

Amount Per Serving	% Daily Value	
Copper (as Copper Chelate)	1 mg	50%
Manganese (as Manganese Sulfate Monohydrate)	2 mg	100%
Chromium (as Chromium Polynicotinate)	200 mcg	167%
Molybdenum (as Molybdenum Citrate)	75 mcg	100%
Choline Bitartrate	20 mg	†
Inositol	20 mg	†
Boron (as Boron Gluconate)	1 mg	†
Betaine HCl	10 mg	†
Citrus Bioflavonoid Complex (Citrus limonum, Citrus sinensis, and Citrus paradise peel)	25 mg	†
Women's Nourishing Blend (Dong Quai Root, Red Clover Herb)	125 mg	†
Veggie Juice Complex (Spirulina Microalgae, Chlorella Powder, Klamath Blue Green Algae, Green Barley Grass Powder, Alfalfa Powder, Broccoli Powder, Cauliflower Powder, Kale Powder, Brussels Sprouts Powder, Spinach Leaf Powder, Radish Powder, Carrot Powder, Beet Root Powder, Tomato Powder, Celery Stalk Powder, Onion Powder, Leek Powder, Yellow Pepper Powder)	10 mg	†
Complete Digestive Support (Amylase, Alpha-Galactosidase, Protease, Cellulase, Glucoamylase, Phytase, Invertase, Lactase, Lipase, Bromelain, Lactobacillus acidophilus)	50 mg	†

† Daily Values not established.

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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