

DIRECTIONS FOR USE

As a dietary supplement, take 3 Vcaps® daily with 12oz. of water upon waking up.

AboutTime® doesn't believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality. AboutTime® Daily Multivitamin is a complete vitamin and mineral formula with added ingredients to support women's health. †

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

WARNING: Not for use by men or those taking any form of prescription nitrate such as nitroglycerin. If you are diabetic, have a blood coagulation disorder, or are regularly taking any drug such as acetaminophen, warfarin, or heparin, consult your physician before using this product. Not intended for use by children. Tamper Resistant: Do not use if seal under cap is broken or missing. Keep this bottle tightly closed in a cool, dry place away from direct sunlight and moisture.

KEEP OUT OF REACH OF CHILDREN.

TRYABOUTTIME.COM



Manufactured for and distributed by



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Pittsburgh, PA 15145

ABOUTTIME

DAILY MULTIVITAMIN

FORMULATED FOR WOMEN



25 Vitamins & Minerals



Supports Women's Health

90 Vcaps®

Dietary Supplement

PB000771A

EXP

Supplement Facts

Serving Size: 3 Vcaps®

Servings Per Container: 30

	Amount Per Serving	%DV
Potassium (as Albion® Potassium Glycinate Complex)	25 mg	1%
Vitamin A (as Beta Carotene)	7,500 IU	150%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Calcium (as DimaCal® DiCalcium Malate)	50 mg	5%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	4 mg	22%
Vitamin D-3 (cholecalciferol)	400 IU	100%
Vitamin E (DL-alpha tocopherol Acetate)	200 IU	667%
Vitamin K	100 mcg	125%
Vitamin B1 (Thiamine)	50 mg	3,333%
Vitamin B2 (Riboflavin)	50 mg	2,941%
Vitamin B3 (Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine-HCL)	50 mg	2,500%
Vitamin B9 (Folic Acid)	400 mcg	100%
Vitamin B12 (Cyanocobalamin)	200 mcg	3,333%
Biotin	400 mcg	133%
Vitamin B5 (Pantothenic Acid)	55 mg	550%
Iodine (as Kelp (Ascophyllum nodosum))	100 mcg	67%
Magnesium (as magnesium oxide, Albion® di-magnesium malate)	100 mg	25%
Zinc (as TRAACS® Zinc Arginate Chelate)	10 mg	67%
Selenium (as Albion® Selenium Glycinate Complex)	200 mcg	266%
Copper (as TRAACS® Copper Bisglycinate Chelate)	200 mcg	10%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	56%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	100 mcg	83%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	80 mcg	107%
Choline (as Choline BiTartrate)	10 mg	<1%

Women's Performance Formula

548.5 mg

Turmeric Root (Curcuma longa), Glucosamine Sulfate HCl, Cranberry Extract (Vaccinium macrocarpon), Green Tea Extract (95% Polyphenols)(Camellia sinensis), Milk Thistle (Silybum maritimum L.), Boron (as Albion® Boronorganic™ Glycine), Horsetail Rush (Equisetum Arvense), Bromelain (2000GDU/g), Quercetin Anhydrous 98.5%, ALA (Alpha-lipoic acid), Black Pepper Extract (Piperine 95%), Grape Seed Extract (95% Procyanidolic oligomers), DMAE (Dimethylaminoethanol), Methylsulfonyl Methane (MSM), Bilberry Extract 25% (Vaccinium Oligococcus), Inositol, Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate), CoQ10 (Coenzyme Q10)(Ubiquinone), Lutein 5% (Tagetes erecta), Lycopene 5% (Lycopersicon Esculentum).

**Percent Daily Value "DV" Not Established.

Other Ingredients: Magnesium Stearate, Maltodextrin, Hypromellose, Water.
Vcaps® is a registered trademark of Capsugel.