

NATURE'S BOUNTY

1 PER DAY

Your Life MULTI

Women's 45+
Multivitamin/Multimineral
Specialty Formula

with
▶ Vitamin D3 1000 IU
▶ Calcium
▶ Ester-C®

Smaller Tablet than the Leading Brand

90 Tablets

HIGH POTENCY IRON-FREE
VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Acetate and Beta-Carotene)	2,500 IU 50%	
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg 100%	
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	
Riboflavin (Vitamin B-2)	1.7 mg 100%	
Niacin (as Niacinamide)	10 mg 50%	
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%	
Folic Acid	400 mcg 100%	
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	
Biotin (as d-Biotin)	300 mcg 100%	
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%	
Calcium (as Calcium Carbonate and Ester-C® Calcium Ascorbate)	200 mg 20%	
Magnesium (as Magnesium Oxide)	50 mg 13%	
Zinc (as Zinc Oxide)	15 mg 100%	

Amount Per Serving	%Daily Value	
Collagen (Hydrolyzed Gelatin)	7 mg *	
Choline (as Choline Bitartrate)	1 mg *	
Fish Oil and Borage Oils (Containing Omega 3 and Omega 6 Lipids)	5 mg *	
Lactobacillus Acidophilus	5 mg *	
Active Vegetable and Fruit Blend 200 mg *		
(Broccoli Extract, Cauliflower Extract, Carrot Extract, Kale Extract, Acai (Euterpe oleracea) (fruit), Blackberry Concentrate, Blueberry Extract (Vaccinium spp.) (fruit), Raspberry Extract (Rubus idaeus) (leaf), Strawberry (Fragaria virginiana) (fruit), Wild Yam Extract (Dioscorea villosa) (root), Beet Powder)		
Women's Complex Blend™ 60 mg *		
(Black Cohosh Extract (Cimicifuga racemosa) (root), Wheat Germ (Triticum aestivum) (seed), Ginkgo Biloba (Ginkgo biloba) (leaf), Vitex Chasteberry (Vitex agnus-castus) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Green Tea Extract (Camellia sinensis) (leaf), Grapeseed Extract (Vitis vinifera) (seed), Cranberry (Vaccinium macrocarpon) (fruit))		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat and fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder, anchovy, menhaden, sardine) ingredients.

Directions: For adults, take one (1) tablet daily, preferably with a meal.

No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Soy, No Yeast, No Shellfish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Ester-C and Ester-C® are licensed trademarks of The Ester-C Company, U.S. Patent Nos. 6,197,813 and 6,878,744.

For educational health tips and to join our money saving **Healthy Rewards™** program, visit www.NaturesBounty.com

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-3398
Mon. - Fri. 9 AM - 7 PM ET

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
©2011 Nature's Bounty, Inc.

21101 B21101 040

