

Solgar's Female Multiple Tablets are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 52-95°F (15-30°C). Store away from heat, light and moisture.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

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.

† Fully reacted chelates. Albion process patent No. 5,516,925 and 6,716,814 Chelazomes.

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No. 5,516,925 and 6,716,814.

††† Not Genetically Modified. Soy From Nature.™

... Naturally occurring; therefore amount may vary.

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

01063US10TO

STOP PEELING HERE

5 19010 78655 0

FORMULATED FOR WOMEN



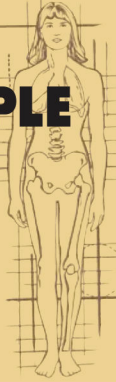
Since **SOLGAR®** 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

60 TABLETS
SUGAR FOR VEGETARIANS
SUGAR AND STARCH FREE



CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size 3 tablets
Servings Per Container 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....15		Manganese.....2 mg.....100%	
Total Carbohydrate.....3 g.....1%		(as manganese glycinate†)	
Dietary Fiber.....2 g.....8%		Chromium.....200 mcg.....167%	
Protein.....15 mg.....100%		(as chromium picolinate†)	
Vitamin A.....15,000 IU.....300%		Molybdenum.....50 mcg.....67%	
(as natural beta-carotene)		(as molybdenum glycinate†)	
Vitamin C.....400 mg.....667%		Sodium.....25 mg.....1%	
(as L-ascorbic acid, ascorbic acid)		(as sodium citrate)	
Vitamin D.....400 IU.....100%		(as potassium glycinate complex)	
(as cholecalciferol)		Citrus Bioflavonoids.....100 mg.....	
Vitamin E.....400 IU.....1333%		(as hesperidin complex)	
(as D-alpha-tocopheryl succinate)		Choline.....100 mg.....	
Vitamin K.....20 mcg.....25%		(as choline bitartrate)	
(as phytonadione)		Pantothine.....7 mg.....	
Thiamin (mononitrate).....50 mg.....3333%		Cocarpoylase.....6 mg.....	
Riboflavin.....50 mg.....2941%		(as cocarpoylase)	
Niacin.....60 mg.....300%		Riboflavin-5-Phosphate.....6 mg.....	
(as niacinamide ascorbate nicotin)		Boron.....500 mcg.....	
Vitamin B6.....30 mg.....2500%		(as boron glycinate complex)	
(as pyridoxine HCl)		Dong Quai Extract (4:1).....25 mg.....	
Folic Acid.....200 mcg.....3333%		(as Dong Quai root)	
(as cobalamin)		Uva Ursi Extract (4:1).....25 mg.....	
Biotin.....300 mcg.....100%		(leaf) (Acosaphylos uva ursi)	
Pantothenic Acid.....80 mg.....800%		Chaste Extract (4:1) (berry).....25 mg.....	
(as D-Ca pantothenate)		(Vitis agnus-castus)	
Calcium.....400 mg.....40%		Standardized Soy Isoflavone.....25 mg.....	
(as calcium carbonate, as calcium citrate†)		Carotoid Mix.....172 mcg.....	
Iron.....18 mg.....100%		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as iron bisglycinate††)			
Iodine.....150 mcg.....100%			
(as potassium iodide)			
Magnesium.....400 mg.....100%			
(as magnesium oxide, glycinate chelate†)			
Zinc.....30 mg.....200%			
(as zinc glycinate†)			
Selenium.....200 mcg.....286%			
(as selenomethionine)			
Copper.....1.5 mg.....75%			
(as copper glycinate†)			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Red Beef Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin.
SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

PEEL HERE