

Suggested Usage: Take 4 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.



IRON-FREE

EVETM

Capsules

Superior Women's Multi

- With Cranberry, Alpha Lipoic Acid & CoQ10
- Plus Superfruits - Pomegranate, Acai & Mangosteen

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Menaquinone K2 and Phytionadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate (Aquamin® TG Seaweed Derived Minerals) and Calcium Ascorbate)	250 mg	25%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Aquamin® TG Seaweed Derived Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%

Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Cranberry (<i>Vaccinium macrocarpon</i>) (Fruit)	100 mg	†
Pomegranate Extract (Fruit)	50 mg	†
Organic Acai (<i>Euterpe oleracea</i>) (Fruit Skin and Pulp)	50 mg	†
Mangosteen Extract (Fruit Peel) (<i>Garcinia mangostana</i>)	50 mg	†
CoQ10 (Coenzyme Q10)	30 mg	†
Alpha Lipoic Acid	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
Aloe Vera (Leaf) (Concentrate)	25 mg	†
Lycopene (from Natural Tomato Extract)	500 mcg	†
Lutein (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Aquamin® is a registered trademark of Märitog Limited.



CAPSULE SIZE

CODE 3798B v8