

Suggested Usage: Take 3 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

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.

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.



EVE™

Softgels

Superior Women's Multi

- With Evening Primrose, Cranberry, Green Tea, Horsetail Silica & CoQ10
- Gentler and Easier to Swallow & Absorb

90 Softgels

A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%*
Protein	1 g	2%*
Vitamin A (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaquinone and Phyltonadione)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	125%
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)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Aquamin® Seaweed Derived Minerals, Cal. Carbonate, Ascorbate, Pantothenate)	140 mg	14%
Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	6 mg	33%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Mag. Citrate, Mag. Oxide and Aquamin® Seaweed Derived Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%

Selenium (from Selenium Amino Acid Complex) (TRAACS®)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Evening Primrose Oil (Oenothera biennis) (Seed)	500 mg	†
Cranberry Concentrate (Vaccinium macrocarpon) (Fruit)	100 mg	†
Horsetail Extract (Equisetum arvense) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Green Tea Extract (Camellia sinensis) (Leaf)	25 mg	†
Inositol	25 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	500 mcg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg	†

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

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Flax Seed Oil, Soy Lecithin and Beeswax.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

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

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SOFTGEL SIZE



CODE 3802 Z V7