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.

TABLET SIZE

CODE 3797B V8





Superior Women's Multi

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

180 Tablets

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

100 mg 25%

15 mg 100%

Serving Size 3 Tablets Servings Per Container 60			
	Amount Per Serving	%Dai Valu	
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 Succin	ate) 200 IU	667	
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100	
Thiamin (Vitamin B-1) (from Thiamin HCI) 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® 1 Derived Minerals) and Calcium Ascort		25	

Iron (from Ferrochel® Ferrous Bisglycinate) 18 mg 100%

Magnesium (from Magnesium Citrate 100

Copper (from Copper Bisglycinate) (TRAACS®) 1 mg

Zinc (from Zinc Bisglycinate) (TRAACS®)

Selenium (from L-Selenomethionine)

(TRAACS®) Indine (from Potassium Indide)

Supplement Facts

Chromium (from Chromium Pice	olinate) 120 mog	100%
Molybdenum (from Sodium Mol	ybdate) 75 mcg	100%
Potassium (from Potassium Chl	oride) 25 mg	< 1%
Cranberry (Vaccinium macrocar (Fruit)	(pon) 100 mg	1
Pomegranate Extract (Fruit)	50 mg	- 1
Organic Acai (Euterpe oleracea (Fruit Skin and Pulp)	50 mg	1
Mangosteen Extract (Fruit Peel) (Garcinia mangostana)	50 mg	1
CoQ10 (Coenzyme Q10)	30 mg	1
Alpha Lipoic Acid	30 mg	- 1
Choline (from Choline Bitartrate) 25 mg	- 1
Inositol	25 mg	1
Aloe Vera (Leaf) (Concentrate)	25 mg	- 1
Lycopene (from Natural Tomato	Extract) 500 mcg	1
Lutein (from Marigold Flowers)	500 mcg	- 1

Manganese 2 (from Manganese Bisolycinate) (TRAACSE

† Daily Value not established.

Vegetarian Coating. Vitamin E from non-GMO sov.

NOW FOODS, 395 S. Glen Filvn Rd. Bloomingdale, IL 60108, USA nowfoods.com 150 mcg 100%

Not manufactured with wheat, gluten, milk, egg, sh, shellfish or tree nut ingredients. Produced in containing these allergens. 200 mcg 286% Store in a cool, dry place after opening.

50% Please Recycle.

