

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Inositol	30 mg *	Lemon Bioflavonoid	
Choline (Bitaurole)	120 mg *	Complex	200 mg *
Lutein/Zeaxanthin		Cinnamon Powder	100 mg *
(from Luteinax™ 2020)		Tomato Powder	10 mg *
(from Tagetes erecta)	3.75 mg *	Enzyme blend (Papain,	
Bilberry	50 mg *	Bromelain, Lipase,	
Pomegranate		Protease, Amylase) ...	30 mg *
powder	15 mg *	Detaine HCl	25 mg *
Alpha Lipoic Acid	50 mg *	Ginger Root Extract	50 mg *
GrapeSeed extract	20 mg *	Boron	3,000 mcg *
Soy (non-GMO)	30 mg *	Vanadium	2 mcg *
Cranberry (CranMax™) ..	25 mg *		
		* Daily Value not established.	

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, cinnamon oil, glycerin.

SUGGESTED USE: Take 3 tablets daily, preferably with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

 Luteinax™ 2020 trademark belongs to Creative Health Technologies Ltd.

CRAN-MAX® and CRAN-MAX® logotype are used under license with permission of their proprietor.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0066

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.

FOOD RICH WOMEN'S 45+ MULTI

Nutritional Support for the Mature Woman

Dietary Supplement
180 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (d-alpha-tocopheryl succinate)	75 IU	250%
Thiamin (as thiamin mononitrate)	60 mg	4000%
Riboflavin	60 mg	3520%
Niacin (as nicotinic acid)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	60 mg	3000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin	600 mcg	200%
Pantothenic acid (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium citrate)	240 mg	24%
Iron (from ferrous fumarate)	10 mg	50%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	240 mg	60%
Zinc (from zinc oxide)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	280%
Copper (from cupric oxide)	2 mg	100%
Manganese (from manganese gluconate)	2 mg	100%
Chromium (from chromium chloride)	200 mcg	157%
Molybdenum (from sodium molybdate)	45 mcg	60%

KEEP OUT OF REACH OF CHILDREN.

VL 537-180H

