

Amount Per Serving	% Daily Value
Inositol	25 mg *
L-Tyrosine	100 mg *
Chaste Berry Extract (<i>Vitex agnus</i>)	50 mg *
Choline (as choline bitartrate)	50 mg *
PABA (as para-aminobenzoic acid)	10 mg *
Enzymes (plant based)	100 mg *
Lavender Extract 4:1 (<i>Lavandula angustifolia</i>)	30 mg *
Lutein/Zeaxanthin (Lutemax™ 2020)	3 mg *
Pomegranate Powder (<i>Punica granatum</i>)(fruit)	15 mg *
Raspberry Leaf Powder (<i>Rubus idaeus</i>)	50 mg *
Orange Powder	50 mg *
Cinnamon Powder (<i>Cinnamomum cassia</i>)(bark)	100 mg *
Ginger Root (<i>Zingiber officinale</i>)	50 mg *
Vanadium (from vanadium sulfate)	9 mcg *
Citrus Bioflavonoid Complex	200 mg *

* Daily Value not established.

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

SUGGESTED USE: Take three tablets daily with food.

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

 Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
To report a serious adverse event, call 1-888-710-0006

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 center immediately.

FOOD RICH WOMEN'S MULTI

With Standardized Herbal Extracts
 Formulated to Support Women's Needs

Dietary Supplement
 90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	225 mg 375%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU 250%
Vitamin K (phytonadione)	50 mcg 63%
Thiamin (thiamin hydrochloride)	25 mg 1667%
Riboflavin	25 mg 1471%
Niacin (niacinamide, nicotinic acid)	75 mg 375%
Vitamin B6 (pyridoxine HCl)	75 mg 3750%
Folic Acid	800 mcg 200%
Vitamin B12 (cobalamin)	100 mcg 1667%
Biotin	600 mcg 200%
Pantothenic acid (d-calcium pantothenate)	200 mg 2000%
Calcium (from calcium citrate)	200 mg 20%
Iron (from ferrous fumarate)	18 mg 100%
Iodine (from potassium iodide and kelp)	225 mcg 150%
Magnesium (from magnesium oxide, amino acid chelate, glycinate)	400 mg 100%
Zinc (from zinc oxide)	9 mg 60%
Selenium (from selenomethionine)	100 mcg 143%
Copper (from copper gluconate)	0.5 mg 25%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium polynicotinate)	150 mcg 125%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN.

517-90G

