

| Amount Per Serving                     | % Daily Value | Amount Per Serving               | % Daily Value |
|----------------------------------------|---------------|----------------------------------|---------------|
| Inositol .....                         | 30 mg *       | Cinnamon Powder .....            | 100 mg *      |
| Choline (bitartrate) .....             | 120 mg *      | Tomato Powder .....              | 10 mg *       |
| Lutein/Zeaxanthin (from Lutemax™ 2020) |               | Enzyme blend (Papain, Bromelain, |               |
| (from Tagetes erecta).....             | 3.75 mg *     | Lipase, Protease, Amylase) 30 mg | *             |
| Bilberry .....                         | 50 mg *       | Betaine HCl .....                | 25 mg *       |
| Pomegranate powder .....               | 15 mg *       | Ginger Root Extract .....        | 60 mg *       |
| Alpha Lipoic Acid .....                | 50 mg *       | Boron .....                      | 3,000 mcg *   |
| Grapeseed extract .....                | 20 mg *       | Vanadium .....                   | 2 mcg *       |
| Soy (non-GMO) .....                    | 30 mg *       |                                  |               |
| Cranberry (CranMax®) .....             | 25 mg *       |                                  |               |
| Lemon Bioflavonoid                     |               |                                  |               |
| Complex .....                          | 200 mg *      |                                  |               |

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.

**Lutemax™ 2020** trademark belongs to OmniActive Health Technologies Ltd.

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**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 45+ MULTI

Nutritional Support for the Mature Woman

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 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 3529%   |
| 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 56%     |
| 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 286%  |
| Copper (from cupric oxide) .....                   | 2 mg 100%     |
| Manganese (from manganous gluconate) .....         | 2 mg 100%     |
| Chromium (from chromium chloride) .....            | 200 mcg 167%  |
| Molybdenum (from sodium molybdate) .....           | 45 mcg 60%    |

KEEP OUT OF REACH OF CHILDREN.

537-90H

