

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

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

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), MODIFIED CELLULOSE GUM, SILICA, MAGNESIUM STEARATE (VEGETABLE SOURCE), BEET ROOT FIBER, CINNAMON OIL, GLYCERIN.

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

To report a serious adverse event, call 1-888-710-0006



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ENERGYFIRST

WOMEN'S MEGA MULTI

**Food Rich
with Herbal Extracts
For Women**

DIETARY SUPPLEMENT 90 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 (Calcium citrate, di-calcium phosphate, calcium ascorbate)	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 L-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%

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.

Keep out of reach of children. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

Made in the USA

VVL 517-90G