

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

Amount Per Serving	% Daily Value
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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), beet root fiber, cinnamon oil, glycerin.

Lutemax 2020 trademark belongs to
OmniActive Health Technologies Ltd.

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



ENERGYFIRST

WOMEN'S
MEGA MULTI

Food Rich with
Herbal Extracts
For Women

DIETARY SUPPLEMENT 180 TABLETS

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving	% Daily Value
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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%

SUGGESTED USE: Take three (3) 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

VL 517-180G