



## Essentials for WOMEN™

High potency  
multivitamin with  
optimal absorption  
to meet a woman's  
nutritional needs.

Dietary Supplement

120 Tablets

Essentials for Women  
is designed to support  
overall health and wellness  
with vital nutrients that are  
specific to women's needs.\*

**Suggested Use:** Take  
2 tablets twice daily as  
a dietary supplement,  
preferably with meals,  
IsaLean® Shakes or Soups.  
For adult use only.

**Note:** If you are pregnant,  
nursing, diabetic, on  
medication, have any  
medical condition, or are  
beginning a weight control  
program, consult your  
physician before using this  
product or any dietary  
supplement. Discontinue use  
if adverse reaction occurs.

30054

## Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 60

| Amount per Serving                                                             | %Daily Value | Amount per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                            | %Daily Value |
|--------------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Vitamin A (as beta carotene) 2,500IU                                           | 50%          | Zinc (as oxide, citrate and amino acid chelate) 7.5mg                                                                                                                                                                                                                                                                                                                                                                                                         | 50%          |
| Vitamin C (as calcium, magnesium and sodium ascorbates, Isa-C™ Complex) 60mg   | 100%         | Selenium (as amino acid chelate) 50mcg                                                                                                                                                                                                                                                                                                                                                                                                                        | 71%          |
| Calcium (as carbonate, ascorbate, hydroxyapatite, citrate and gluconate) 450mg | 45%          | Copper (as amino acid chelate) 1mg                                                                                                                                                                                                                                                                                                                                                                                                                            | 50%          |
| Vitamin D3 (as cholecalciferol) 500IU                                          | 125%         | Manganese (as amino acid chelate) 1mg                                                                                                                                                                                                                                                                                                                                                                                                                         | 50%          |
| Vitamin E (as mixed tocopherols) 30IU                                          | 100%         | Chromium (as picolinate) 100mcg                                                                                                                                                                                                                                                                                                                                                                                                                               | 83%          |
| Vitamin K2 (as menaquinone) 40mcg                                              | 50%          | Molybdenum (as amino acid chelate) 37.5mcg                                                                                                                                                                                                                                                                                                                                                                                                                    | 50%          |
| Vitamin B1 (as thiamin HCl) 3.75mg                                             | 250%         | Potassium (as citrate and iodide) 25mg                                                                                                                                                                                                                                                                                                                                                                                                                        | 1%           |
| Vitamin B2 (as riboflavin) 4.25mg                                              | 250%         | Boron (as citrate) 500mcg                                                                                                                                                                                                                                                                                                                                                                                                                                     | *            |
| Vitamin B3 (as niacinamide) 10mg                                               | 50%          | Vanadium (as amino acid chelate) 2.5mcg                                                                                                                                                                                                                                                                                                                                                                                                                       | *            |
| Vitamin B6 (as pyridoxine HCl) 5mg                                             | 250%         | <b>Proprietary Blend 104mg</b>                                                                                                                                                                                                                                                                                                                                                                                                                                | *            |
| Folic Acid 300mcg                                                              | 75%          | Beet ( <i>Beta vulgaris</i> ) juice powder, grape ( <i>Vitis vinifera</i> ) seed extract, flax ( <i>Linum usitatissimum</i> ) seed extract, green tea ( <i>Camellia sinensis</i> ) leaf extract, choline bitartrate, alpha lipoic acid, Ionic Alfalfa™ ( <i>Medicago sativa</i> ), milk thistle ( <i>Silybum marianum</i> ) seed extract, pomegranate ( <i>Punica granatum</i> ) fruit extract, N-acetyl-L-cysteine, citrus bioflavonoids, rutin, hesperidin. |              |
| Vitamin B12 (as cyanocobalamin) 15mcg                                          | 250%         |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| Biotin 250mcg                                                                  | 83%          |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| Vitamin B5 (as pantothenic acid) 22.5mg                                        | 225%         |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| Iodine (as kelp and potassium iodide) 100mcg                                   | 67%          |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| Magnesium (as oxide, citrate, ascorbate and amino acid chelate) 100mg          | 25%          |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |

Other Ingredients: Microcrystalline cellulose, silica, cellulose gum, sodium bicarbonate, cellulose, magnesium stearate (vegetable source), glycerin, carnauba wax.

\*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.

Exclusively formulated & distributed by:  
Isagenix International, LLC  
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Lot# / Exp

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