

**DAILY
NUTRITION**

MET-Rx® ACTIVE WOMAN MULTIVITAMIN

MET-Rx® ACTIVE WOMAN IS DESIGNED FOR WOMEN WHO NEED A MULTIVITAMIN THAT WORKS JUST AS HARD AS THEY DO. MET-Rx® ACTIVE WOMAN IS ENHANCED WITH KEY VITAMINS AND MINERALS NEEDED TO SUPPORT ENERGY METABOLISM AND EXERCISE RECOVERY, TWO IMPORTANT FACTORS FOR AN ACTIVE LIFESTYLE.* EACH SERVING ALSO CONTAINS BENEFICIAL ANTIOXIDANTS AND AN ACTIVE SPORT BLEND.*

Directions: For adult women, take two (2) tablets daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MET-Rx®
YOU CAN'T FAKE STRONG™

Manufactured in the USA by
MET-Rx Nutrition, Inc., Boca Raton, FL 33487 ©2014
Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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MET-Rx®

ACTIVE WOMAN

» **MULTIVITAMIN SPECIALLY DESIGNED
FOR THE ATHLETIC FEMALE**

» **TIMED RELEASE HIGH POTENCY FORMULA**

90 TABLETS DIETARY SUPPLEMENT

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Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	200 mg 333%
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	60 mg 4,000%
Riboflavin (Vitamin B-2)	60 mg 3,529%
Niacin (as Niacinamide)	60 mg 300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60 mg 3,000%
Folic Acid	800 mcg 200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%
Biotin	500 mcg 167%
Pantothenic Acid (as d-Calcium Pantothenate)	60 mg 600%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Citrate)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	200 mcg 286%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Gluconate)	2 mg 100%
Chromium (as Chromium Picolinate)	200 mcg 167%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	90 mg 3%
Potassium (as Potassium Chloride)	100 mg 3%
Choline Bitartrate	10 mg **
Inositol	10 mg **
Boron (as Sodium Tetraborate)	2 mg **
Silica	4 mg **
Vanadium (as Sodium Metavanadate)	10 mcg **
Active Sport Blend	150 mg
Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), L-Glutamine, L-Arginine Hydrochloride, L-Valine, L-Leucine, L-Isoleucine, Glycine, L-Methionine, Taurine, L-Carnitine Fumarate, Green Tea (<i>Camellia sinensis</i>) (leaf)	**
Antioxidant Blend	30 mg
Citrus Bioflavonoid Concentrate (<i>Citrus limon</i>) (peel), Alpha Lipoic Acid, Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Cranberry Concentrate (<i>Vaccinium macrocarpon</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Coenzyme Q-10, Lycopene, Lutein	

** Daily Value not established.

Other Ingredients: Hypromellose, Cellulose (Plant Origin), Contains <2% of: Calcium Silicate, Cellulose Coating, Gelatin, Mannitol, Natural Palm Leaf Glaze, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk ingredients.