

| Amount Per Serving             | % Daily Value | Amount Per Serving        | % Daily Value |
|--------------------------------|---------------|---------------------------|---------------|
| Inositol .....                 | 30 mg         | Lemon Bioflavonoid        |               |
| Choline (bitartrate) .....     | 215 mg        | Complex .....             | 200 mg        |
| Lutein (LuteMax®) .....        | 3 mg          | Cinnamon Powder .....     | 100 mg        |
| Zeaxanthin .....               | 75 mcg        | Tomato Powder .....       | 10 mg         |
| Bilberry .....                 | 50 mg         | Pepsin .....              | 5 mg          |
| Pomegranate                    |               | Lipase .....              | 5 mg          |
| powder .....                   | 15 mg         | Papain .....              | 15 mg         |
| Alpha Lipoic Acid .....        | 50 mg         | Bromelain .....           | 5 mg          |
| Grapeseed extract .....        | 20 mg         | Ginger Root Extract ..... | 80 mg         |
| Soy (non-GMO) .....            | 30 mg         | Boron .....               | 3,000 mcg     |
| Cranberry                      |               | Vanadium .....            | 2 mcg         |
| (CranMax®) .....               | 25 mg         |                           |               |
| * Daily Value not established. |               |                           |               |

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silicon dioxide, modified cellulose gum, stearic acid (vegetable source), betaine HCl, 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®** LuteMax® is a registered trademark of Kanor.

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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 control 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 sodium selenate) .....              | 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.

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