

Since **SOLGAR®** 1947

# FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT  
MULTIPLE VITAMIN, MINERAL  
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT



**120 TABLETS**  
SUITABLE FOR VEGANS  
GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:  
**SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.**

## Supplement Facts

Serving Size: 3 Tablets  
Servings Per Container: 40

| Amount Per Serving                                   | %DV                | Amount Per Serving                                              | %DV                 |
|------------------------------------------------------|--------------------|-----------------------------------------------------------------|---------------------|
| Vitamin A                                            | 15,000 IU.....300% | Magnesium                                                       | 9 mg.....100%       |
| (as retinyl palmitate)                               |                    | (as magnesium glycinate chelate)                                |                     |
| Vitamin C                                            | 400 mg.....66%     | Chromium                                                        | 200 mcg.....16%     |
| (as L-ascorbic acid<br>niacinamide ascorbate)        |                    |                                                                 |                     |
| Vitamin D                                            | 400 IU.....100%    | glycinate chelate)                                              |                     |
| (as ergocalciferol)                                  |                    | Molybdenum                                                      | 50 mcg.....67%      |
| (as D-alpha-tocopheryl<br>acid succinate)            |                    | (as molybdenum glycinate†)                                      |                     |
| Vitamin K (as phytonadione)                          | 20 mcg.....25%     | Potassium                                                       | 5 mg.....4%         |
| Thiamin                                              | 50 mg.....333%     | (as potassium amino acid complex)                               |                     |
| (as thiamin mononitrate)                             |                    |                                                                 |                     |
| Riboflavin                                           | 50 mg.....294%     | Choline                                                         | 100 mg.....100%     |
| Niacin                                               | 50 mg.....300%     | (as L-carnitine bitartrate)                                     |                     |
| (as niacinamide ascorbate, niacin<br>amide)          |                    | Isocitric acid                                                  | 100 mg.....7 mg     |
| Vitamin B6                                           | 50 mg.....2500%    | Coccarboxylase                                                  | 6 mg.....6 mg       |
| (as pyridoxine HCl)                                  |                    | Pyridoxal-5-Phosphate                                           | 6 mg.....6 mg       |
| Folic Acid                                           | 800 mcg.....200%   | Riboflavin-5-Phosphate                                          | 6 mg.....6 mg       |
| Vitamin B12                                          | 200 mcg.....333%   | Boron                                                           | 500 mcg.....500 mcg |
| (as cyanocobalamin)                                  |                    |                                                                 |                     |
| Biotin                                               | 300 mcg.....100%   | Dong Quai Extract (4:1)                                         | 25 mg.....25 mg     |
| Pantothenic Acid                                     | 80 mg.....800%     | (root) (Angelica sinensis)                                      |                     |
| (as D-Ca pantothenate)                               |                    | Uva-Ursi Extract (4:1)                                          | 25 mg.....25 mg     |
| Calcium                                              | 400 mg.....40%     | (leaf) (Acothaphys uva ursi)                                    |                     |
| (as calcium carbonate)                               |                    | Chaste Extract (4:1) berry                                      | 25 mg.....25 mg     |
| Glycine                                              | 18 g.....100%      | America Ginseng Extract                                         | 25 mg.....25 mg     |
| (as L-glycine)                                       |                    | (root) (Panax quinquefolius)                                    |                     |
| Iodine                                               | 150 mcg.....100%   | (standardized to contain<br>2.5 mg ginsenosides [10%])          |                     |
| (as potassium iodide)                                |                    | Milk Thistle Extract (4:1)                                      | 25 mg.....25 mg     |
| Magnesium                                            | 400 mg.....100%    | (root) (Silybum marianum)                                       |                     |
| (as magnesium oxide, citrate,<br>glycinate chelate†) |                    | Black Elderberry Extract (4:1)                                  | 25 mg.....25 mg     |
| Zinc                                                 | 30 mg.....200%     | (root) (Cimicifuga racemosa)                                    |                     |
| (as zinc glycinate chelate†)                         |                    | Soy Germ Extract††                                              | 25 mg.....25 mg     |
| Selenium                                             | 200 mcg.....286%   | Mixed Carotenoids                                               | 172 mcg.....172 mcg |
| (as L-selenomethionine)                              |                    | (alpha and beta-carotene, lutein,<br>zeaxanthin, cryptoxanthin) |                     |
| Copper                                               | 1.5 mg.....75%     |                                                                 |                     |
| (as copper glycinate chelate†)                       |                    |                                                                 |                     |
| Capsule Ingredients                                  |                    |                                                                 |                     |

**FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.**  
Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to rapeseed or class-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if inner seal is missing or damaged.

**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.

† US Patent No. 5,676,904 and 5,716,814 are licensed by Albion International, Inc.  
†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (Soy Iron) is gentle on the stomach, enhances absorption and is gentle on your system. US Patent No. 5,676,904 and 6,716,814 are licensed by Albion International, Inc.

Solgar's KOC-K certification #K-1250  
For more information, call toll-free 1-877-SOLGAR 4  
www.solgar.com

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**SUGGESTED USE:** As a dietary supplement for women, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

Other ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Malodextrin. Contains soy.

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