

Since **SOLGAR®** 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

60 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: 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....15,000 IU.....	300%	Manganese (as manganese glycinate chelate†).....	2 mg.....100%
Vitamin C (as L-ascorbic acid, stabilized with sodium ascorbate).....400 mg.....	667%	Chromium.....	200 mcg.....167%
Vitamin D (as D-cholecalciferol).....400 IU.....	100%	Magnesium (as chromium malate chelate†).....	50 mg.....67%
Vitamin E (as D-alpha-tocopheryl acid succinate).....400 IU.....	1333%	Sodium (as polidensium glyconate†).....	5 mg.....<1%
Vitamin K (as phytonadione).....20 mcg.....	25%	Potassium.....	99 mg.....3%
Vitamin B1 (as thiamin mononitrate).....30 mg.....	3333%	(as potassium amino acid complex)	
Riboflavin.....50 mg.....	2941%	Chole-Bonded Complex.....	100 mg.....
Niacin (as niacinamide ascorbate, niacin).....60 mg.....	300%	Choline.....	100 mg.....
Vitamin B6.....50 mg.....	2500%	Inositol.....	100 mg.....
Folic Acid (as pyridoxine HCl).....800 mcg.....	200%	Permethine.....	7 mg.....
Vitamin B12.....200 mcg.....	3333%	Coccarboxylase.....	6 mg.....
Biotin (as D-biotin).....300 mcg.....	100%	Riboflavin-5-Phosphate.....	6 mg.....
Pantothenic Acid.....80 mg.....	800%	Boron.....	500 mcg.....
Copper (as cupric carbonate).....1 mg.....	40%	(as boron amino acid complex)	
Iodine.....150 mcg.....	100%	Dong Quai Extract (4:1).....	25 mg.....
Iron (as iron bisglycinate chelate†).....18 mg.....	100%	(root) (Angelica sinensis).....	25 mg.....
Zinc (as zinc citrate).....30 mg.....	200%	(root) (Acorus calamus).....	25 mg.....
Chromium.....		Chaste Extract (4:1) (berry).....	25 mg.....
Copper.....		(Viter agnus-castus).....	
		American Ginseng Extract.....	25 mg.....
		(root) (Panax quinquefolius).....	
		Milk Thistle Extract (4:1).....	25 mg.....
		(seed) (Silybum marianum).....	
		Black Cohosh Extract (4:1).....	25 mg.....
		(root) (Cimicifuga racemosa).....	
		Soy Germ Extract††.....	25 mg.....
		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
		†Daily Value (DV) not established	

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.

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

This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

FREE OF: Gluten, Wheat, 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 ragweed or daisy-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. 6,706,904 and 6,716,814 are licensed by Abdon International, Inc.
†† Some iron supplements cause gastrointestinal irritation and constipation effects. The unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No. 6,706,904 and 6,716,814 are licensed by Abdon International, Inc.
††† Not Genetically Modified. Soy From Nature™

Solgar's KOF-K certification #K-1250

For more information, call toll-free 1-877-SOLGAR 4

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