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SOLGAR®
Since 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

120 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE

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Solgar's KOF-K certification #K-1250
†† Not Genetically Modified. Soy From Nature™
†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No. 5,670,904 and 5,716,814 are licensed by Albion International, Inc.

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†† 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 yeasts or dyes like tartrazine. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store in 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.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 40

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....15,000 IU.....300% (as natural beta-carotene)		Manganese.....2 mg.....100% (as manganese glycinate chelate†)	
Vitamin C.....400 mg.....667% (as L-ascorbic acid, niacinamide ascorbate)		Chromium.....200 mcg.....167% (as chromium nicotinate glycinate chelate†)	
Vitamin D.....400 IU.....100% (as ergocalciferol)		Molybdenum.....50 mcg.....67% (as molybdenum glycinate†)	
Vitamin E.....400 IU.....1333% (as D-alpha-tocopheryl acid succinate)		Sodium.....5 mg.....<1% (as potassium amino acid complex)	
Vitamin K (as phytonadione).....20 mcg.....25% Thiamin.....50 mg.....3333% (as thiamin mononitrate)		Citrus Bioflavonoid Complex.....100 mg.....*	
Riboflavin.....50 mg.....2941% (as niacinamide ascorbate, niacin)		Choline.....100 mg.....*	
Vitamin B6.....50 mg.....2500% (as pyridoxine HCl)		Inositol.....100 mg.....*	
Folic Acid.....800 mcg.....200% (as D-biotin)		Pantothine.....7 mg.....*	
Biotin (as D-biotin).....300 mcg.....100% Pantothenic Acid.....80 mg.....800% (as D-Ca pantothenate)		Coccarboxylase.....6 mg.....*	
Calcium.....400 mg.....40% (as calcium carbonate, glycinate chelate†, citrate)		Pyridoxal-5-Phosphate.....6 mg.....*	
Iron (as iron bisglycinate†).....18 mg.....100% Iodine.....150 mcg.....100% (as potassium iodide)		Riboflavin-5-Phosphate.....6 mg.....*	
Magnesium.....400 mg.....100% (as magnesium oxide, citrate, glycinate chelate†)		Boron.....500 mcg.....*	
Zinc.....30 mg.....200% (as zinc glycinate chelate†, histidine chelate†, oxide)		(as boron amino acid complex)	
Selenium.....200 mcg.....286% (as L-selenomethionine)		Dong Quai Extract (4:1).....25 mg.....*	
Copper.....1.5 mg.....75% (as copper glycinate chelate†, cupric oxide)		(root) (Angelica sinensis)	
		Uva-Ursi Extract (4:1).....25 mg.....*	
		(leaf) (Arctostaphylos uva ursi)	
		Chaste Extract (4:1) (berry).....25 mg.....*	
		(seed) (Silybum marianum)	
		(Vitis agnus-castus)	
		American Ginseng Extract.....25 mg.....*	
		(root) (Panax quinquefolius)	
		(standardized to contain 2.5 mg ginsenosides [10%])	
		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.....*	
		Mixed Carotenoids.....172 mcg.....*	
		(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, Maltodextrin. 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.

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