

Contains No Added sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light. **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.

QUALITY AND POTENCY GUARANTEED.

Other Ingredients: May contain one or more of the following: dicalcium phosphate, cellulose, magnesium stearate, vegetable stearin and silica.

These statements have not been evaluated by the FDA. Product is not intended to diagnose, treat, cure, or prevent any diseases.



Formulated for:
Vitabase.com
Monroe, GA 30656

vitabase

Active Woman's Multi

*Multi-Purpose Supplement to
Support a Woman's Active Lifestyle*



DIETARY SUPPLEMENT
90 TABLETS

Supplement Facts

Serving Size: 3 Tablets

	Amount	% DV
Vitamin A (as acetate, beta carotene)	10,000 iu	200%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	400 iu	100%
Vitamin E (as d-alpha succinate)	150 iu	500%
Vitamin K (as phytonadione)	100 mcg	125%
Vitamin B-1 (as thiamine hydrochloride)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	125 mg	6250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Vitamin B-5 (as calcium pantothenate)	150 mg	1500%
Calcium (as carbonate, citrate, amino acid chelate)	400 mg	40%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp)	250 mcg	167%
Magnesium (as oxide, citrate, amino acid chelate)	400 mg	100%
Zinc (as monomethionine) α	15 mg	100%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	10 mg	500%
Chromium (as polynicotinate) β	100 mcg	83%
Molybdenum (as amino acid chelate)	50 mcg	67%
Potassium (as amino acid chelate)	50 mg	1.4%

Inositol	20 mg *
Choline (as bitartrate)	20 mg *
PABA (para amino benzoic acid)	20 mg *
Soy Isoflavones (10% isoflavones) χ	25 mg *
Polygonum cuspidatum extract δ	4 mg *
Marigold Extract (5% lutein) ϵ	6 mg *
Boron (as Krebs Cycle Complex)	200 mcg *
GLA (gamma linolenic acid) powder	25 mg *
Vanadyl Sulfate	50 mcg *
Dong Quai Extract	50 mg *
Black Cohosh (2.5% triterpene lactones)	10 mg *
Citrus Bioflavonoid Complex	20 mg *
Chasteberry Extract	25 mg *
Cranberry Fruit Concentrate	40 mg *
Uva Ursi Berries	60 mg *
Chamomile Flower Extract	30 mg *
Eleutherococcus Extract (0.4% eleutherosides)	25 mg *
Alfalfa Leaves	15 mg *

* Daily Value Not Established

α From L-OptiZinc™
 β From ChromeMate®
 χ From SoyLife™
 δ From Protokin™
 ϵ From FloraGLO™