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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

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 40

Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin A	2,250 mcg	250%	Copper	1.5 mg	167%
(as natural beta-carotene)			(as copper glycinate chelate,		
Vitamin C	400 mg	444%	cupric oxide)		
(as L-ascorbic acid,			Manganese	2 mg	87%
ascorbic acid)			(as manganese glycinate chelate)		
Vitamin D	10 mcg (400 IU)	50%	Chromium	200 mcg	571%
(as ergocalciferol)			(as chromium nicotinate		
Vitamin E	268 mg	1,787%	glycinate chelate)		
(as D-alpha-tocopheryl			Molybdenum	50 mcg	111%
acid succinate)			(as molybdenum aminated)		
Vitamin K	20 mcg (175 mcg)	17%	Sodium	5 mg	<1%
(as phytylgonadine)			Potassium	99 mg	2%
Thiamin	50 mg	4,167%	(as potassium amino acid complex)		
(as thiamin mononitrate)					
Riboflavin	50 mg	3848%	Citrus Bioflavonoid Complex	100 mg	*
Niacin	50 mg	375%	Inositol	100 mg	*
(as nicotinic acid)			Panthenol	7 mg	*
Vitamin B6	50 mg	2,941%	Cocarbonyl	6 mg	*
(as pyridoxine HCl)			Pyridoxal-5-Phosphate	6 mg	*
Folate	1,333 mcg DFE	333%	Riboflavin-5-Phosphate	6 mg	*
(800 mcg folic acid)			Boron	500 mcg	*
(amin B12)	200 mcg	8,333%	(as boron amino acid complex)		
(as cyanocobalamin)			Dong Quai Extract (4:1)	25 mg	*
Biotin (as D-biotin)	300 mcg	1,000%	(root) (<i>Aegle marmelos</i>)		
Pantothenic Acid	800 mg	16,000%	Chaste Extract (4:1)	25 mg	*
(as Ca-Pantothenate)			(leaf) (<i>Acrostaphylos uva ursi</i>)		
Choline	100 mg	18%	Chaste Extract (4:1) (berry)	25 mg	*
(as choline bitartrate)			(<i>Vitex agnus-castus</i>)		
Calcium	400 mg	31%	American Ginseng Extract	25 mg	*
(as calcium carbonate,			(root) (<i>Panax quinquefolius</i>)		
glycinate chelate, citrate)			(standardized to contain		
Iron (as iron bisglycinate +)	18 mg	100%	2.5 mg ginsenosides [10%])		
Iodine	150 mcg	100%	Milk Thistle Extract (4:1)	25 mg	*
(as potassium iodide)			(seed) (<i>Silybum marianum</i>)		
Magnesium	500 mg	95%	Black Cohosh Extract (4:1)	25 mg	*
(as magnesium oxide, citrate,			(root) (<i>Cimicifuga racemosa</i>)		
glycinate chelate)			Soy Germ Extract††	25 mg	*
(as zinc glycinate chelate,			Mixed Carotenoids	172 mcg	*
histidine chelate, oxide)			Alpha and beta-carotene, lutein,		
Selenium	200 mcg	364%	zeaxanthin, cryptoxanthin)		
(as L-selenomethionine)					

*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.

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STOP PEELING HERE

For more information, call toll-free 1-877-SOLGAR 4
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††† Not Genetically Modified. Soy From Nature™

US Patent No. 5,706,904 and 6,716,814 are licensed by Albion International, Inc. 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. 5,706,904 and 6,716,814 are licensed by Albion International, Inc.

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, Dairy, Yeast, Sugar, Artificial Flavors and Preservatives.