

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Lemon Bioflavonoid Complex.....200 mg *		Cranberry (CranMax®).....25 mg *	
Choline (as choline bitartrate).....120 mg *		Betain HCl.....25 mg *	
Cinnamon Powder (bark).....100 mg *		Grape Seed Extract.....20 mg *	
Ginger Extract (root).....60 mg *		Pomegranate Powder (fruit).....15 mg *	
Bilberry (fruit).....50 mg *		Tomato Powder.....10 mg *	
Alpha Lipoic Acid.....50 mg *		Lutein/Zeaxanthin (from Tagetes erecta).....4 mg *	
Inositol.....30 mg *		Boron (as boron gluconate) 3,000 mcg *	
Soy (non-GMO).....30 mg *		Vanadium (as Vanadium sulfate) 5 mcg *	
Enzyme (Papain, Lipase, Protease, Amylase, Bromelain).....30 mg *		* Daily Value not established	

OTHER INGREDIENTS: CELLULOSE, MODIFIED CELLULOSE GUM, MAGNESIUM STEARATE (VEGETABLE SOURCE), STEARIC ACID (VEGETABLE SOURCE), SILICA, BEET ROOT FIBER, CINNAMON OIL, GLYCERIN.

SUGGESTED USE: Take 3 tablets daily, preferably with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

*CRAN-MAX® and CRAN-MAX® logo type are used under license with permission of their proprietor. LUTONAX® Lutein™ 2020 trademark belongs to OmniaActive Health Technologies Ltd.

We Guarantee Our Supplements for Potency and Purity

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 center immediately.

To report a serious adverse event, call 1-888-710-0006

FOOD RICH WOMEN'S 45+ MULTI

Nutritional Support for the Mature Woman

Dietary Supplement



90 VEGETARIAN TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene).....5,000 IU	100%
Vitamin C (as ascorbic acid).....300 mg	500%
Vitamin D3 (as cholecalciferol).....400 IU	100%
Vitamin E (d-alpha tocopheryl succinate).....75 IU	250%
Thiamin (as thiamin mononitrate).....60 mg	4000%
Riboflavin.....60 mg	3529%
Niacin (as nicotinic acid).....20 mg	100%
Vitamin B6 (as pyridoxine HCl).....60 mg	3000%
Folic Acid.....800 mcg	200%
Vitamin B12 (as cyanocobalamin).....400 mcg	6667%
Biotin.....600 mcg	200%
Pantothenic acid (as d-calcium pantothenate).....50 mg	500%
Calcium (calcium citrate, di-calcium phosphate).....240 mg	24%
Iron (from ferrous fumarate).....10 mg	56%
Iodine (from potassium iodide).....150 mcg	100%
Magnesium (from magnesium oxide).....240 mg	60%
Zinc (from zinc oxide).....15 mg	100%
Selenium (from L-Selenomethionine).....200 mcg	286%
Copper (from cupric oxide).....2 mg	100%
Manganese (from manganese gluconate).....2 mg	100%
Chromium (from chromium chloride).....200 mcg	167%
Molybdenum (from sodium molybdate).....45 mcg	60%

KEEP OUT OF REACH OF CHILDREN.

VVL 537-90H

