

Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	20 mg *
Inositol	20 mg *
Boron (amino acid complex)	1 mg *
Citrus Bioflavonoid Complex	25 mg *
Women's Health Blend	125 mg *
(Dong Quai [root] 4:1 Extract, <i>Spirulina platensis</i> , Red Clover Herb Extract 2:1)	
Vegetable Juice Blend	10 mg *
(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet [Beta vulgaris] [root])	
Digestive Support Blend	
Protease, Amylase, Lipase	36 mg *
<i>Lactobacillus sporogenes</i> (Probiotic strain)	25 mg *
Betaine HCl	10 mg *

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), MODIFIED CELLULOSE, SILICON DIOXIDE AND GLYCERIN.

SUGGESTED USE: Take one tablet per day with or between meals, or as directed by your health care practitioner.

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

L-OptiZinc® L-OptiZinc® is a registered trademark of Interhealth, N.J.

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 the 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

WOMEN'S ONCE DAILY

Multivitamin/Mineral with
Green Foods, Herbs, Enzymes & Probiotics

Dietary Supplement



30 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU 100%
Vitamin C (as ascorbic acid)	120 mg 200%
Vitamin D3 (as cholecalciferol)	800 IU 200%
Vitamin E (d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K1 (as phytonadione)	100 mcg 125%
Thiamin (as thiamin hydrochloride)	25 mg 166%
Riboflavin	25 mg 147%
Niacin (as niacinamide)	25 mg 125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1250%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	25 mcg 417%
Biotin	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%
Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate)	200 mg 20%
Iron (amino acid chelate)	6 mg 33%
Magnesium (from magnesium oxide)	100 mg 25%
Zinc (OptiZinc®)	10 mg 67%
Selenium (from selenomethionine, amino acid complex)	200 mcg 286%
Copper (amino acid chelate)	1 mg 50%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium nicotinate)	200 mcg 167%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN

VVL 571-30A

