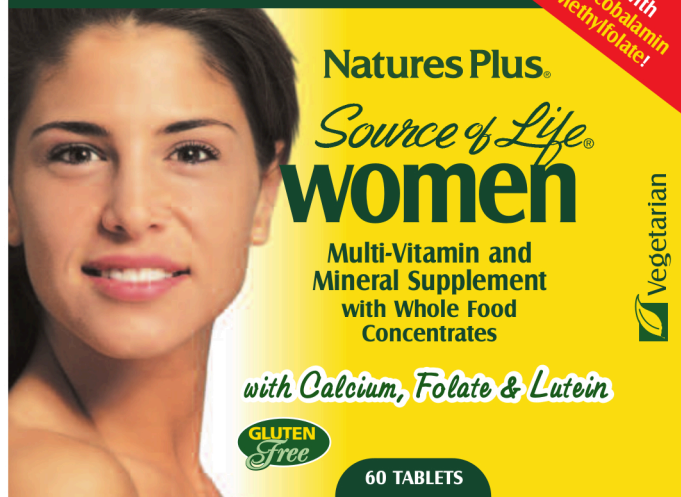


Energy for the Life You Live!™

Now with
Methylcobalamin
& Methylfolate!



Supplement Facts

Serving Size 2 Tablets, Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Novasoy® (soy extract) 40 mg†
Vitamin C (as ascorbic acid)	500 mg 833%	(stand. to 40% [16 mg] isoflavones)
Vitamin D3 (as cholecalciferol from lichen)	100 IU 25%	Fem-Effect Complex 40 mg†
Vitamin E	100 IU 333%	Proprietary blend of Chasteberry (<i>Vitex</i>
(as d-alpha tocopheryl succinate)		<i>agnus-castus</i> fruit) (stand. 0.5% [50 mcg]
Vitamin K (as phytonadione)	150 mcg 188%	agnuside, 0.4% [40 mcg] aucubin); Damiana (leaves);
Thiamin (vitamin B1) (as thiamine HCl)	50 mg 3333%	Dong Quai (<i>Angelica sinensis</i> root); Black Cohosh
Riboflavin (vitamin B2)	50 mg 2941%	(<i>Cimicifuga racemosa</i> root) (stand. 2.5% [0.25 mg]
Niacin (as niacinamide)	50 mg 250%	triterpene glycosides)
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%	Choline (as bitartrate) 30 mg†
Folate (as calcium-L-5-	800 mcg 200%	Inositol 30 mg†
methyltetrahydrofolate)		Bioflavonoid Complex (from <i>Citrus limon</i> / 25 mg†
Vitamin B12 (as methylcobalamin)	200 mcg 3333%	<i>sinensis</i> whole fruit) (stand. to 48% [12 mg]
Biotin	300 mcg 100%	flavanones and 2% [0.5 mg] flavanols, flavones
Pantothenic Acid (as calcium pantothenate)	60 mg 600%	and related phenolic compounds)
Calcium (as aminoate complex)	500 mg 50%	Herbal Antioxidant Complex 15 mg†
Iron (as aminoate complex)	18 mg 100%	Proprietary blend of Turmeric (<i>Curcuma longa</i>
Iodine (from kelp)	150 mcg 100%	rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry
Magnesium (as aminoate complex)	250 mg 63%	(<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg]
Zinc (as monomethionine**)	15 mg 100%	anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf)
Selenium (as aminoate complex)	100 mcg 143%	(decaffeinated) (stand. 50% [2.5 mg] polyphenols)
Copper (as aminoate complex)	1 mg 50%	Lipase (from <i>Rhizopus oryzae</i> fermentation) 10 mg†
Manganese (as aminoate complex)	2 mg 100%	Amylase (from <i>Aspergillus oryzae</i> fermentation) 5 mg†
Chromium (as polynicotinate***)	120 mcg 100%	Lactase (DairyMate®) 5 mg†
Molybdenum (as aminoate complex)	50 mcg 67%	Protease (from <i>Aspergillus oryzae</i> fermentation) 5 mg†
Spirulina	250 mg †	Lutein† (active carotenoid from 2 mg†
Ostivone® (ipriflavone)	50 mg †	marigold flower extract)
Bromelain (from pineapple fruit)	40 mg †	Boron (as citrate) 1 mg†
(80 gelatin digesting units)		

†Daily Value (DV) not established.

Other ingredients: Vegetable cellulose, calcium carbonate, magnesium oxide, microcrystalline cellulose, potassium iodide, stearic acid, magnesium stearate, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

**Nutritional Support for
Natural Energy Production and Overall Well-Being in Women.***

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement for women only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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 physician or poison control center immediately.

NOTE: If you are pregnant or nursing, consult your healthcare practitioner before using any herbal product.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**



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PRODUCT NO. 3095



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