

120
CAPSULES

NUTRIENT OPTIMIZATION SYSTEM

OPTI-WOMEN™

HIGH-POTENCY 40 INGREDIENTS



DIETARY SUPPLEMENT

TRUE STRENGTH™
www.optimumnutrition.com



MANUFACTURED
IN THE USA
975 Meridian Lane Drive
Aurora, IL 60004



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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, vitamin A palmitate)	5,000 IU 100%
Vitamin C (as ascorbic acid)	250 mg 417%
Vitamin D (as cholecalciferol)	600 IU 150%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K (as phytonadione)	80 mcg 100%
Thiamin (as thiamin hydrochloride)	20 mg 1333%
Riboflavin	20 mg 1176%
Niacin (as niacinamide)	20 mg 100%
Vitamin B ₆ (as pyridoxine hydrochloride)	20 mg 1000%
Folic Acid	600 mcg 150%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 1667%
Biotin	250 mcg 83%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 200%
Calcium (as calcium carbonate, citrate)	150 mg 15%
Iron (as iron A.A. chelate)	18 mg 100%
Iodine (as kelp)	200 mcg 133%
Magnesium (as magnesium oxide, aspartate)	75 mg 19%
Zinc (as zinc citrate)	15 mg 100%
Selenium (as selenomethionine)	70 mcg 100%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese gluconate)	5 mg 250%
Chromium (as chromium GTF)	120 mcg 100%
Molybdenum (as molybdenum A.A. chelate)	70 mcg 93%
Dong Quai (Angelica sinensis) 4:1 Root Extract	80 mg
Chasteberry (Vitex agnus-castus) 4:1 Berry Extract	50 mg
Garcinia Extract (Garcinia cambogia)(rind)	50 mg
(standardized to 52% HCA)	
Uva Ursi, powdered (leaf)	50 mg
Horse Chestnut Extract (Aesculus hippocastanum)	25 mg
(root)(standardized to 20% aescin)	
Alpha Lipoic Acid	20 mg
Butcher's Broom, powdered (root)	15 mg
Ostivone® (as isopropoxy isoflavone)	10 mg
Grape Seed Extract (Vitis vinifera)(seed)	10 mg
(standardized to 95% polyphenols)	
Deodorized Garlic, powdered (bulb)	10 mg
Citrus Bioflavonoids (fruit)	10 mg
Soy Isoflavones	2 mg
Lycopene (as Lycopodium natural tomato lycopene)	250 mcg
Lutein	250 mcg
Alpha-Carotene	93.5 mcg
Cryptoxanthin	22.8 mcg
Zeaxanthin	18.7 mcg

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Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (as thiamin hydrochloride)	20 mg	1333%
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† Daily Value not established.

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.

CAUTION: CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU ARE UNDER 18 YEARS OF AGE OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).
STORE IN A COOL, DRY PLACE.

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SUGGESTED USE: As a dietary supplement for women, consume 2 capsules daily with food.

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