

[THE CLEAN & LEAN ALTERNATIVE]

ETB Bare Essentials for Her contains 20+ Vitamins and Minerals to bring you the most complete multivitamin specially formulated for women. Formulated with grape seed extract and MSM helps reverse pre-mature aging due to overexposure to the sun. Grape seed extract has proven to reduce fine lines and wrinkles, and MSM has shown to naturally boost the formation of collagen and connective tissue in the skin.

DIRECTIONS: Take 2-3 tablets with breakfast.

"SOME DAYS YOU EAT THE BEAR, SOME DAYS THE BEAR EATS YOU."

WARNING: For use as a dietary supplement only by healthy adults age 18 and over. Do not use this product if you are nursing, pregnant, or attempting to become pregnant. Do not use for more than 12 weeks. Consult your physician before using this or any other dietary supplement. Do not take this product if you have any pre-existing medical conditions or if you are using prescription medication. If you experience and adverse reaction to this product discontinue use and contact your health care provider. Use this product only as directed. User assumes all risks, liabilities, and consequences in regards to testing under sports organizations where certain ingredients may be prohibited. Do not use this product if the safety seal is broken or missing. Never exceed the recommended serving. **KEEP AWAY FROM CHILDREN.**

WHY BARE ESSENTIALS?

20+ VITAMINS & MINERALS

BOOSTS IMMUNE SYSTEM

SKIN HEALTH

BONE & HEART HEALTH

CONTAINS NATURAL INGREDIENTS

ETB provides clean and lean dietary supplements to support pure achievement. We seek to engender a sense of mental and physical well-being to enable individuals to overcome obstacles and push through life's challenges.

ETBFIT.COM

ETB North America, LLC, Charlotte, NC 28202

**BOOSTS
ENERGY**

**NATURAL
ANTI-
AGING**

**IMMUNE
FUNCTION**

**COQ10
B COMPLEX**



EAT THE BEAR

MULTIVITAMIN

BARE ESSENTIALS HER MULTI

90 CAPSULES



Supplement Facts		
Serving Size: 3 Tablets Servings Per Container: 30 Servings		
	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	7,500 IU	150%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	400%
Vitamin K (as phytylketone)	100 mcg	125%
Thiamin (as thiamin HCl)	50 mg	3,333%
Riboflavin	50 mg	2,541%
Niacin (as niacin)	20 mg	100%
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2,000%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg	3,333%
Biotin	400 mcg	1,000%
Fructosamine acid (as D-calcium panthothenate)	50 mg	100%
Calcium (as calcium citrate)	200 mg	20%
Iodine (from kelp)	100 mcg	67%
Magnesium (as magnesium oxide)	100 mg	20%
Zinc (as zinc glycinate)	30 mg	300%
Selenium (as selenium amino acid complex)	200 mcg	200%
Copper (as copper glycinate)	2 mg	100%
Manganese (as manganese amino acid chelate)	4 mg	200%
Chromium (as chromium picolinate)	100 mcg	65%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	100%
Sodium	10 mg	40%
Potassium (as potassium amino acid complex)	100 mg	2%
Boron (as boron citrate)	4 mg	-
Choline (as choline bitartrate)	10 mg	-
Inositol	10 mg	-
Glucosamine sulfate (as glucosamine sulfate potassium)	60 mg	-
Monkshood extract (rhizome plant) (1% alkaloid)	60 mg	-
Cherryberry fruit extract	60 mg	-
Milk thistle seed extract	40 mg	-
Black pepper fruit extract (Biosipinell)	20 mg	-
Quercetin (as quercetin dihydrate)	20 mg	-
Bromelain	20 mg	-
Green tea leaf extract (90% polyphenols, 1% catechins, 4-6% EGCG)	60 mg	-
DMG (from DMG bitartrate)	10 mg	-
Wildberry fruit extract	10 mg	-
Alpha lipoic acid	20 mg	-
MSM (methylsulfonylmethane)	10 mg	-
Turner root extract (90% curcuminoids)	100 mg	-
Grape seed extract (90% polyphenols)	20 mg	-
Lutein	2 mg	-
Lycopene	2 mg	-
Coenzyme Q10	2 mg	-

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, stearic acid, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose), magnesium stearate and silica.



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.