

FORMULATED FOR WOMEN

SOLGAR®
Since 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

3 TABLETS

SUITABLE FOR VEGANS

GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

NOT FOR RETAIL SALE

For more information, call toll-free 1-877-SOLGAR 4 or visit us at www.solgar.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

††† Not Genetically Modified, Soy From Nature™

Solgar's KOF-K certification #K-1250

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 1

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 4,687 mcg 521%		Copper 1.5 mg 167%	
(as natural beta-carotene)		(as copper glycinate chelate,	
Vitamin C 400 mg 444%		cupric oxide)	
(as L-ascorbic acid,		Manganese 2 mg 87%	
niacinamide ascorbate)		(as manganese glycinate chelate†)	
Vitamin D 10 mcg (400 IU) 50%		Chromium 200 mcg 571%	
(as ergocalciferol)		(as chromium nicotinate	
Vitamin E 268 mg 1,787%		glycinate chelate†)	
(as D-alpha-tocopheryl		Molybdenum 50 mcg 111%	
acid succinate)		(as molybdenum glycinate†)	
Vitamin K (as phytonadione) 20 mcg 17%		Sodium 5 mg <1%	
Thiamin 50 mg 4,167%		Potassium 99 mg 2%	
(as thiamin mononitrate)		(as potassium amino acid complex†)	
Riboflavin 50 mg 3,846%			
Niacin (as niacinamide ascorbate, niacin) 60 mg 375%		Citrus Bioflavonoid Complex 100 mg *	
Vitamin B6 60 mg 2,941%		Inositol 100 mg *	
(as pyridoxine HCl)		Pantothine 7 mg *	
Folate 1,333 mcg DFE 333%		Coccarboxylase 6 mg *	
(800 mcg folic acid)		Pyridoxal-5'-Phosphate 6 mg *	
Vitamin B12 200 mcg 8,000%		Riboflavin-5'-Phosphate 6 mg *	
(as cyanocobalamin)		Boron 500 mcg *	
Biotin (as D-biotin) 300 mcg 1,000%		(as boron amino acid complex)	
Pantothenic Acid 80 mg 1,600%		Dong Quai Extract (4:1) 25 mg *	
(as D-Ca pantothenate)		(root) (Angelica sinensis)	
Choline 100 mg 18%		Uva-Ursi Extract (4:1) 25 mg *	
(as choline bitartrate)		(leaf) (Aristaephylos uva ursi)	
Calcium 400 mg 31%		Chaste Extract (4:1) (berry) 25 mg *	
(as calcium carbonate,		(Vitis agnus-castus)	
glycinate chelate†, citrate)		American Ginseng Extract 25 mg *	
Iron (as iron bisglycinate ††) 18 mg 100%		(root) (Panax quinquefolius)	
Iodine 150 mcg 100%		(standardized to contain	
(as potassium iodide)		2.5 mg ginsenosides (10%))	
Magnesium 400 mg 95%		Milk Thistle Extract (4:1) 25 mg *	
(as magnesium oxide, citrate,		(seed) (Silybum marianum)	
glycinate chelate†)		Black Cohosh Extract (4:1) 25 mg *	
Zinc 30 mg 273%		(root) (Cimicifuga racemosa)	
(as zinc glycinate chelate†,		Soy Germ Extract†† 25 mg *	
histidine chelate†, oxide)		Mixed Carotenoids 172 mcg *	
Selenium 200 mcg 364%		(alpha and beta-carotene, lutein,	
(as L-selenomethionine)		zeaxanthin, cryptoxanthin)	
		*Daily Value (DV) not established	

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to ragweed or dairy-like flowers. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if torn or damaged.

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LOT NO./EXP. DATE