

ESPECIALLY FOR WOMEN BY NATURE'S BENEFITS



ITEM DESCRIPTION

**Nature's Benefits Especially for Women
Multi-Vitamin Formula with Extra Calcium
Dietary Supplement 30 Tablets**

Supplemt Facts:

Vitamin A: 2500IU

Vitamin C: 60 mg

Vitamin D3: 400IU

Vitamin E: 30IU

Vitamin B1: 1.5 mg

Vitamin B2: 1.7 mg

Vitamin B3: 10 mg

Vitamin B6: 2 mg

Folic Acid: 400 mg

Vitamin B12: 6mcg

Panthothenic Acid: 5 mcg

Calcium: 450 mg

Iron: 18 mg

Magnesium: 50 mg

Zinc: 15 mg