



Suggested usage: 3 tablets up to 2 times per day with meals or as directed by a health professional.

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 immediately.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Women's MultiStart is the perfect foundation multiple including a complete spectrum of nutrients, herbs, and antioxidants in the ideal ratio and serving.* MultiStart reduces the need for supplemental pills such as calcium, and ensures that correct and balanced levels of important nutrients, herbs, and antioxidants are delivered to the body, specific to the nutritional needs of women.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, gluten, yeast, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA
 Manufactured by Natural Factors Canada
 Distributed by NATURAL FACTORS
 14224 167th Avenue SE
 Monroe, WA 98272

**Purity & Potency
 Guaranteed**



LOT & EXPIRY 1.3125" x .25" Single Line

Women's MultiStart®

**VITAMIN, MINERAL, HERBAL
 & ANTIOXIDANT SUPPORT***

90 Tablets

COMPLETE SPECTRUM



Supplement Facts

Serving Size 3 Tablets
 Servings Per Container 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (25% vitamin A palmitate & 75% beta-carotene)	3000 mcg RAE	333%	Selenium (cholate)	50 mcg	91%
Vitamin C (ascorbic acid)	300 mg	333%	Copper (gluconate)	0.7 mg	78%
Vitamin D3 (cholecalciferol)	5 mcg (200 IU)	25%	Manganese (citrate)	7.5 mg	326%
Vitamin E (d-alpha tocopheryl acid succinate)	67 mg	447%	Chromium (picolinate)	100 mcg	286%
Vitamin K1	30 mcg	25%	Molybdenum (citrate)	12 mcg	27%
Thiamin (hydrochloride)	30 mg	2,500%	Inositol	50 mg	**
Riboflavin	15 mg	1,154%	Ginger Extract 4:1 (root)	50 mg	**
Niacin (niacin & niacinamide)	30 mg	188%	Citrus Powder (<i>Citrus limonum</i> , <i>C. sinensis</i> , <i>C. paradisi</i>) (fruit)	50 mg	**
Vitamin B6 (pyridoxine hydrochloride)	30 mg	1,765%	Green Tea Phytosome (leaf)	40 mg	**
Folate (400 mcg folic acid)	680 mcg	170%	Alfalfa Juice, 12:1 Powder (aerial)	25 mg	**
Vitamin B12 (cyanocobalamin)	400 mcg	16,667%	Spirulina Algae (<i>Arthrospira platensis</i>) (whole)	25 mg	**
Biotin	300 mcg	1,000%	Wheat Grass Juice (<i>Triticum aestivum</i>) (leaf)	25 mg	**
Pantothenic Acid (calcium pantothenate)	50 mg	1,000%	Boron (citrate)	0.5 mg	**
Calcium (citrate & carbonate)	500 mg	38%	Silicon (from horsetail, aerial)	0.5 mg	**
Iron (ferrous fumarate)	9 mg	50%	Lutein (from marigold flowers, <i>Tagetes erecta</i>)	0.5 mg	**
Iodine (from kelp)	150 mcg	100%	Vanadium (citrate)	40 mcg	**
Magnesium (oxide & citrate)	150 mg	36%			
Zinc (citrate)	7 mg	64%			

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (carbohydrate gum [cellulose], glycerin), stearic acid, magnesium stearate (vegetable grade), croscarmellose sodium.

Contains soy.

