



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**

Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line

Women's MultiStart®

VITAMIN, MINERAL, HERBAL &
ANTIOXIDANT SUPPORT*

180 Tablets

COMPLETE SPECTRUM



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

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

** Daily Value not established.

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

Contains soy.

