



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

**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 Plus 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 black cohosh, 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 in perimenopause, menopause, and postmenopause.\*

**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. 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 *Plus* MultiStart®

**FOR PERIMENOPAUSE, MENOPAUSE  
 & POSTMENOPAUSE\***

180 Tablets

**COMPLETE SPECTRUM**



## Supplement Facts

Serving Size 3 Tablets  
 Servings Per Container 60

|                                                            | Amount<br>Per Serving | % Daily<br>Value |                                                                                              | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------------------------------|-----------------------|------------------|----------------------------------------------------------------------------------------------|-----------------------|------------------|
| Vitamin A (25% vitamin A<br>palmitate & 75% beta-carotene) | 10,000 IU             | 200%             | Molybdenum (citrate)                                                                         | 12.5 mcg              | 17%              |
| Vitamin C (ascorbic acid)                                  | 300 mg                | 500%             | Choline (bitartrate)                                                                         | 50 mg                 | **               |
| Vitamin D3 (cholecalciferol)                               | 200 IU                | 50%              | Inositol                                                                                     | 50 mg                 | **               |
| Vitamin E (d-alpha tocopheryl acid succinate)              | 100 IU                | 333%             | Ginger Extract 4:1 (root)                                                                    | 50 mg                 | **               |
| Vitamin K1                                                 | 30 mcg                | 38%              | Citrus Powder ( <i>Citrus limonum</i> ,<br><i>C. sinensis</i> , <i>C. paradisi</i> ) (fruit) | 50 mg                 | **               |
| Thiamin (hydrochloride)                                    | 50 mg                 | 3333%            | <i>Ginkgo biloba</i> Phytosome (leaf) (soy)                                                  | 40 mg                 | **               |
| Riboflavin                                                 | 5 mg                  | 294%             | Fennel Extract 4:1 (seed)                                                                    | 30 mg                 | **               |
| Niacin (niacin & niacinamide)                              | 30 mg                 | 150%             | Licorice Extract 4:1 (root)                                                                  | 30 mg                 | **               |
| Vitamin B6 (pyridoxine hydrochloride)                      | 30 mg                 | 1500%            | Alfalfa Juice Powder 12:1 (aerial)                                                           | 25 mg                 | **               |
| Folic Acid                                                 | 400 mcg               | 100%             | Spirulina Algae Powder ( <i>Arthrospira platensis</i> )                                      | 25 mg                 | **               |
| Vitamin B12 (cyanocobalamin)                               | 400 mcg               | 6667%            | Wheat Grass Juice Powder ( <i>Triticum aestivum</i> ) (leaf)                                 | 25 mg                 | **               |
| Biotin                                                     | 300 mcg               | 100%             | Glutamic Acid HCl                                                                            | 25 mg                 | **               |
| Pantothenic Acid (calcium pantothenate)                    | 50 mg                 | 500%             | Betaine HCl                                                                                  | 25 mg                 | **               |
| Calcium (carbonate & citrate)                              | 500 mg                | 50%              | Black Cohosh Extract 4:1 (root)                                                              | 20 mg                 | **               |
| Iodine (from kelp)                                         | 150 mcg               | 100%             | Boron (citrate)                                                                              | 1.5 mg                | **               |
| Magnesium (oxide & citrate)                                | 150 mg                | 38%              | Silicon (from horsetail, aerial)                                                             | 0.5 mg                | **               |
| Zinc (citrate)                                             | 7.5 mg                | 50%              | Lutein ( <i>Tagetes erecta</i> ) (marigold flowers)                                          | 0.5 mg                | **               |
| Selenium (chelate)                                         | 50 mcg                | 71%              | Vanadium (citrate)                                                                           | 40 mcg                | **               |
| Copper (gluconate)                                         | 0.75 mg               | 38%              |                                                                                              |                       |                  |
| Manganese (citrate)                                        | 7.5 mg                | 375%             |                                                                                              |                       |                  |
| Chromium (picolinate)                                      | 100 mcg               | 83%              |                                                                                              |                       |                  |

\*\* Daily Value not established.

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

Contains soy.

