

USAGE: Take 2 tablets per day with meals or as directed by your qualified health care consultant. Store in a cool, dry place. **Easy-Solv®** tablets are designed to disintegrate within several minutes of ingestion.

Jarrow FORMULAS® Women's Multi is specially formulated to meet women's nutritional needs:

- Vitamin D promotes calcium absorption, needed for maintaining strong bones.
- For antioxidant protection against free radical damage: **Pomegranate, gamma-tocopherol, selenium and grape seed extract.***
- For skin and healthy veins: **Bioflavonoids, grape seed extract and pomegranate extract.***
- For brain and nerve tissue: **Methylcobalamin, the superior coenzyme form of B₁₂.***

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Suitable for vegetarians/vegans.

Keep out of the reach of children.

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

**Jarrow
FORMULAS®**

TWO PER DAY
**WOMEN'S
MULTI**

**1000 IU
Vitamin D**

A Comprehensive Multi
with Pomegranate

**EASY
SOLV®**

**NEW
LOOK**

**60
EASY-SOLV® TABLETS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

| | Amount Per Serving | % DV* | | Amount Per Container 30 | |
|---|--------------------|-------|---|-------------------------|--------------------------|
| | | | | | Amount Per Serving % DV* |
| Vitamin A (as palmitate) | 2500 IU | 50% | Iodine (as potassium iodide) | 153 mcg | 102% |
| Beta-Carotene (natural source) | 2500 IU | 50% | Magnesium (as magnesium oxide) | 100 mg | 25% |
| Vitamin C (as calcium ascorbate) | 200 mg | 333% | Zinc (as zinc monomethionate) | 15 mg | 100% |
| Vitamin D ₂ (ergocalciferol) | 1000 IU | 250% | Selenium (as methylselenocysteine) | 35 mcg | 50% |
| Vitamin E (as d-alpha tocopheryl succinate) | 30 IU | 100% | Copper (as copper gluconate) | 2 mg | 100% |
| Vitamin K ₁ (phylloquinone) | 25 mcg | 31% | Manganese (as manganese citrate) | 2 mg | 100% |
| Vitamin B ₁ (as thiamine mononitrate) | 15 mg | 1000% | Chromium (yeast bound) (fermentation by <i>Saccharomyces boulardii</i>) | 200 mcg | 167% |
| Vitamin B ₂ (as riboflavin) | 15 mg | 882% | Molybdenum (as sodium molybdate) | 75 mcg | 100% |
| Vitamin B ₃ (as niacin) | 10 mg | 50% | Potassium (as potassium chloride) | 20 mg | 1% |
| Vitamin B ₃ (as niacinamide) | 50 mg | 250% | Pomegranate Extract (<i>Punica granatum</i>) (from fruit) | 200 mg | † |
| Vitamin B ₆ (as pyridoxine HCl) | 20 mg | 1000% | Choline (as choline bitartrate) | 55 mg | † |
| Folic Acid | 400 mcg | 100% | Inositol | 50 mg | † |
| Vitamin B ₁₂ (as methylcobalamin) | 20 mcg | 333% | Citrus Bioflavonoids Complex | 30 mg | † |
| Biotin | 300 mcg | 100% | d-gamma-tocopherol (from palm fruit distillate) | 30 mg | † |
| Pantothenic Acid (as d-calcium pantothenate) | 25 mg | 250% | Grape Seed Extract (<i>Vitis vinifera</i>) | 25 mg | † |
| Calcium (as calcium citrate/carbonate/ascorbate) | 200 mg | 20% | Boron (as sodium borate) | 1 mg | † |
| Iron (as gluconate) | 10 mg | 55% | Other Ingredients: Cellulose, magnesium stearate (vegetable source), stearic acid (vegetable source), wax and natural flavor. | | |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

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Distributed Exclusively by:
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Superior Nutrition and Formulation™
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www.Jarrow.com

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Lot #. Best Used Before: