

Amount per Serving	% DV
Bilberry (Vaccinium myrtillus) Fruit Extract	10 mg **
Boron (as sodium borate)	3 mg **
Iron	1.5 mg **
Silicon (as magnesium trisilicate)	1 mg **
Vanadium (as vanadyl sulfate)	100 mcg **
Zeaxanthin	75 mcg **

Theoretical Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, sodium croscarmellose, hydroxypropyl, stearic acid, glycerin, magnesium stearate, silicon dioxide, croscarmellose gum, organic malodolinate.

Warnings: Accidental overdose of iron-containing product 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 Center immediately.

Caution: If pregnant, nursing, have a blood clotting disorder or taking any medications, consult a healthcare professional before use.

GLUTEN FREE. No sugar, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.

◆ L000039.N02 BLK3N

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Green Bay, WI 54311 USA
Questions? 1-800-783-2286 / enzym.com

Amount per Serving	% DV
Protective Blend: sweet cherry fruit, green tea leaf extract, grape seed extract, pomegranate fruit extract and ginkgo leaf extract and rhizome extract containing 50% resveratrol (1.5 mg)	109 mg **
Vegetable Blend: broccoli flower, cabbage leaf, carrot root, collard greens, radish sprouts, tomato fruit, mustard greens, kale leaf, sprout leaf	50 mg **
Ginger (Zingiber officinale) Rhizome Extract	45 mg **
Insitol	30 mg **
Cranberry (Vaccinium macrocarpon) Fruit	25 mg **
Chokeberry (Aronia melanocarpa) Berry Extract standardized to 0.2% anthocyanins (0.12 mg)	20 mg **
Bilberry (Vaccinium myrtillus) Fruit Extract	10 mg **
Boron (as sodium borate)	3 mg **
Lutein	1.5 mg **
Silicon (as magnesium trisilicate)	1 mg **
Vanadium (as vanadyl sulfate)	100 mcg **
Zeaxanthin	75 mcg **

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DOCTOR'S choice™ multivitamin

WOMEN

Easy To Swallow
OrganiGlide™

DAILY RX FOR:
BALANCED NUTRITION
IMMUNE SUPPORT*
B VITAMINS FOR ENERGY
CONVERSION*

90 TABLETS

DIETARY SUPPLEMENT

THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Recommendation: Take 3 tablets daily with water to activate OrganiGlide™ Technology.
Best if taken with food.

Supplement Facts

Serving Size 3 Tablets / Servings per Container 30

Amount per Serving	% DV
Calories	15
Total Carbohydrate	3 g <1%
Vitamin A (75% as beta carotene, 5,000 IU) 100%	100%
and (as retinyl acetate)	
Vitamin C (as potassium ascorbate) 200 mg	500%
Vitamin E (as d-alpha tocopherol) 800 IU	200%
Vitamin E (as d-alpha tocopherol) 60 IU	200%
Vitamin K (as phytylphosphoryl) 80 mcg	100%
Thiamine (vitamin B1) 60 mg	4,000%
Riboflavin (vitamin B2) 60 mg	3,525%
Niacin (as nicotinamide and niacin) 90 mg	450%
Vitamin B12 (as pyridoxine HCl) 25 mg	1,250%
Folic Acid 800 mcg	200%
Vitamin B12 (as cyanocobalamin) 800 mcg	13,333%
Iron (as ferrous succinate) 30 mg	200%
Insitol	30 mg **
Cranberry (Vaccinium macrocarpon) Fruit	25 mg **
Chokeberry (Aronia melanocarpa) Berry Extract standardized to 0.2% anthocyanins (0.12 mg)	20 mg **

Amount per Serving	% DV
Magnesium (as magnesium aspartate and magnesium oxide)	300 mg 75%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as selenomethionine)	200 mcg 286%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese citrate)	2 mg 100%
Molybdenum (as sodium molybdate)	75 mcg 100%
Sodium	5 mg <1%
Potassium (as potassium aspartate)	100 mg **
Choline Bitartrate	215 mg **
Cinnamon (Cinnamomum aromaticum) Bark Extract	150 mg **
Protective Blend: sweet cherry fruit, green tea leaf extract, grape seed extract, pomegranate fruit extract and ginkgo leaf extract and rhizome extract containing 50% resveratrol (1.5 mg)	109 mg **
Vegetable Blend: broccoli flower, cabbage leaf, carrot root, collard greens, radish sprouts, tomato fruit, mustard greens, kale leaf, sprout leaf	50 mg **
Ginger (Zingiber officinale) Rhizome Extract	45 mg **
Insitol	30 mg **
Cranberry (Vaccinium macrocarpon) Fruit	25 mg **
Chokeberry (Aronia melanocarpa) Berry Extract standardized to 0.2% anthocyanins (0.12 mg)	20 mg **



LBX00039.N02 BLK3N

Formulated with
OrganiGlide™ Technology!

This unique glide-coat is designed to make swallowing your vitamins effortless.

Better health has never been easier to swallow!

For more than 20 years, Doctor's Choice™ multivitamins have been a smart choice for consumers who want a total-body wellness formula with the unique blend of vitamins, minerals and other select nutrients specially tailored to their age and gender.

Doctor's Choice for Women —Nutrition That Delivers—

Easy-to-swallow, OrganiGlide™ tablets contain a full range of essential vitamins & minerals, as well as these targeted nutrients:

- Antioxidants to support healthy aging*
- Vanadium and Cinnamon to support healthy blood sugar metabolism**
- Bilberry & zeaxanthin to support healthy vision*
- High potency B vitamins to help convert food to energy*
- Multiple nutrients to support immune health*

*Already within normal range

Doctor's Choice multivitamins:
The right choice for better living.

THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



New, Smaller
Eco-Friendly Package!

DOCTOR'S choice™ multivitamin

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Folic Acid 800 mcg	200%
Vitamin B12 (as cyanocobalamin) 800 mcg	13,333%
Iron (as ferrous succinate) 30 mg	200%
Pantothenic Acid (as calcium D-pantothenate) 30 mg	300%
Calcium (as calcium carbonate, inositol phosphate and calcium citrate)	500 mg -50%
Iron (as ferrous succinate) 18 mg	100%
Iodine (as potassium iodide) 300 mcg	200%
Magnesium (as magnesium aspartate and magnesium oxide) 300 mg	75%
Zinc (as zinc gluconate) 15 mg	100%
Selenium (as selenomethionine) 200 mcg	286%
Copper (as copper gluconate) 2 mg	100%
Manganese (as manganese citrate) 2 mg	100%
Molybdenum (as sodium molybdate) 75 mcg	100%
Sodium	5 mg <1%
Potassium (as potassium aspartate) 100 mg	**
Choline Bitartrate	215 mg **
Cinnamon (Cinnamomum aromaticum) Bark Extract	150 mg **