

## Supplement Facts

Serving Size 3 Tablets Servings Per Container 15

Amount Per	Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Vitamin A (as beta-carotene 10,000 IU & palmitate 2,500 IU)	12,500 IU	250%
Vitamin C (as ascorbic acid & ascorbyl palmitate)	500 mg	833%
Vitamin D-3 (as cholecalciferol)	400 IŪ	100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K-1 (as phytonadione)	120 mcg	150%
Thiamin (vitamin B-1)	50 mg	3,333%
Riboflavin (vitamin B-2)	50 mg	2,941%
Niacinamide 35 mg & Niacin 15 mg	50 mg	250%
Vitamin B-6 (as pyridoxine HCl & pyridoxal-5'-phosphate [Coenzymated**)	]) 50 mg	2,500%
Folate (as folic acid & calcium folinate)	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	200 mcg	3,333%
Biotin	400 mcg	133%
Pantothenic Acid (as calcium p-pantothenate & pantethine)	55 mg	550%
Calcium (as calcium carbonate & dicalcium malate)	200 mg	20%
Iron (as Ferrochel® ferrous bis-glycinate chelate)	6 mg	33%
lodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium oxide, chelate & succinate)	200 mg	50%
Zinc (as monomethionine [OptiZinc®] & zinc citrate)	15 mg	100%
Selenium (as L-selenomethionine & sodium selenite)	100 mcg	143%
Copper (as copper citrate)	1 mg	50%
Manganese (as manganese citrate)	3 mg	150%
Chromium (as chromium polynicotinate [ChromeMate®] & picolinate)	100 mcg	83%
Molybdenum (as molybdenum chelate)	100 mcg	133%
Sodium	10 mg	<1%
Potassium (as potassium citrate)	50 mg	1%

N-Acetyl Cysteine	100 mg†	Hawthorn Berry Ext.	25 mg†
N-Acetyl D-Glucosamine	100 mg†	N-Acetyl-L-Tyrosine	25 mg†
Horsetail Aerial Parts Ext.	100 mg†	Quercetin	25 mg†
Cranberry Fruit	100 mg†	Turmeric Rhizome Extract	25 mg†
Green Tea Leaf Extract	75 mg†	Coenzyme Q10	20 mg†
gamma-Vitamin E Complex	67 mg†	Ginkgo Leaf Extract	20 mg†
Silymarin (from milk thistle seed ext.)		Diindolylmethane (DIM)	20 mg†
Bromelain	60 mg†	Bilberry Fruit Extract	15 mg†
Choline (as bitartrate)	50 mg†	Tocotrienol Complex (EVNolmax)	
Inositol	50 mg†	Rutin	5 mg†
Butcher's Broom Root	50 mg†	Black Pepper Fruit Ext. (BioPerine)	
alpha-Lipoic Acid & R-Lipoic Acid	40 mg†		
DMAE (as bitartrate)	30 mg†	Lycopene	3 mg†
Grape Seed Ext. (Proanthodyn™)	30 mg†	Boron (as amino acid chelate)	2 mg†
Guggul Gum Extract	30 mg†	Lutein	2 mg†
MSM (Methylsulfonylmethane)	25 mgt	Astaxanthin	100 mcg†

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established.

Other ingredients: stearic acid, modified cellulose gum, silica, acacia gum and magnesium stearate.

Contains soy, and shellfish (shrimp, crab, & lobster).

Directions: 3 tablets 1 to 2 times daily with meals. This product is intended for women. WARNING: Not or use by men or those lating any from or prescription nitrate such as nitroplycarin. If you are prepnant, may become pregnant, breastfeeding, or if you are diabetic, have a blood coagulation disorder, or are regularly fasting any drug such as acetaminophen, warfarin (Coumadin®), or heparin, consult your physician before using this product. Men should take Men's Life Force® Multiple or Life Force® Multiple.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

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 center immediately.

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