



Supplement Facts

Serving Size 3 Tablets Servings Per Container 60

Calories 10 Total Carbolydrate 10 4 1 9 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Amount Pe	er Serving	%DV
Vitamin A (as beta-carotine 10.000 IU & paimitate 2,500 IU) 12.500 IU 250% Vitamin C (as ascorbic acid & ascorbyl palmitate) 500 mg 833% Vitamin C (as ascorbic acid & ascorbyl palmitate) 400 IU 100% Vitamin C (as ascorbic acid & ascorbyl palmitate) 200 IU 667% Vitamin C (as ascophatocopheryl succinate) 120 mg 150% Vitamin E (as p-ziphta tocopheryl succinate) 120 mg 150% Thiamin (vitamin B-1) 50 mg 2333% Ribotlavin (vitamin B-2) 50 mg 250% Niacinamide 35 mg & Niacin 15 mg 50 mg 250% Vitamin B-6 (as pyridoxine HCl 50 mg 2500% Vitamin B-12 (as methylcobalamin) 200 mg 200 mg Vitamin B-12 (as methylcobalamin) 200 mg 333% Biotin 400 mcg 333% Biotin 200 mg 20% Calcium (as calcium c-pantothenate & pantethine) 200 mg 20% Galcium (as calcium acrabonate & dicalcium malate) 200 mg 20% Zinc (as monomethionine [OptiZince] & zinc citrate) 15 mg 50mg <tr< th=""><th>Calories</th><th>10</th><th></th></tr<>	Calories	10	
Vitamin C (as ascorbic acid & ascorbyl palmitate) 500 mg 833% Vitamin D-3 (as choleciaciferol) 400 IU 100% Vitamin C (as -apha tecopheryl succinate) 200 IU 667% Vitamin K-1 (as phytonadione) 120 mcg 150% 150% Thamin K-1 (as phytonadione) 120 mcg Riboflavin (vitamin B-1) 50 mg 2,941% Riboflavin (vitamin B-2) 50 mg 2,941% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,950% Vitamin B-6 (as pyridoxine HCI 50 mg 2,500% A pyridoxal-5'-phosphate (Coenzymated**) 400 mcg 133% Foltale (as folia caid & Caclium Indinate) 400 mcg 3,333% Blotin 400 mcg 3,333% Blotin 400 mcg 100% Calcium (as calcium a-pantothenate & pantethino) 55 mg 550% Magnesium (as amagnesium chelate, oxide, & succinate) 200 mg 50% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Scelenium (as selenomethionine & sodium selenite) 100 mcg 43% Gopper (as copper citrate)	Total Carbohydrate	1 g	<1%*
Vitamin D-3 (as cholecalciferol) 400 IU 100% Vitamin E (as p-a/pha tocopheryl succinate) 200 IU 667% Vitamin K-1 (as phytonadione) 120 mcg 150 mcg Thiamin (vitamin B-1) 50 mg 2,934% Ribothavin (vitamin B-2) 50 mg 2,941% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,500% Vitamin B-6 (as pyridoxine HCI 50 mg 2,500% A pyridoxia-5-phosphate [Coenzymated™]) 400 mcg 100 mcg Folate (as folic acid & calcium folinate) 400 mcg 3,333% Bibrin 400 mcg 3,333% Bibrin 400 mcg 3,333% Biotin 400 mcg 3,333% Biotin 400 mcg 3,33% Biotin 200 mg 3,33% Biotin 400 mcg 3,33% Biotin 200 mg 3,33% Biotin 200 mg 3,33% Biotin 200 mg 3,33% Biotin 200 mg 3,50% Salcium fas calcium carbonate & dicalcium malate)	Vitamin A (as beta-carotene 10,000 IU & palmitate 2,500 IU)	12,500 IU	250%
Vitamin E (as a-alpha tocopheryl succinate) 200 IU 667% Vitamin K-1 (as phytonadione) 120 mcg 150% Thamin (Vitamin B-1) 50 mg 3,333% Riboftavin (vitamin B-2) 50 mg 2,941% Naciannida Sa 7 mg & Niacin 15 mg 50 mg 2,500% Vitamin B-6 (as pyridoxine HCI 50 mg 2,500% A pyridoxal-5-phosphate (Coenzymated***)) 50 mg 2,500% Foltale (as folica cid & Calcium (Indinate) 400 mcg 100% Vitamin B-12 (as methylcobalamin) 200 mcg 3,333% Biotin 400 mcg 133% Partiothenic Acid (as calcium a-pantothenate & pantethino 55 mg 550% Partiothenic Acid (as calcium a-pantothenate & pantethino 55 mg 550% Galcium (as calcium carbonate & dicalcium malate) 200 mg 20% Golidicia (as potassium iodide) 100 mcg 67% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Silenium (as selenomethionine & polizince® a func citrate) 10m 50% Copper (as copper citrate) 1 mg 50%	Vitamin C (as ascorbic acid & ascorbyl palmitate)	500 mg	833%
Vitamin K-1 (as phytonadione) 120 mcg 150%. Thiamin (vitamin B-1) 50 mg 3,333%. Kitohlavin (vitamin B-2) 50 mg 2,941%. Kitohlavin (vitamin B-2) 50 mg 2,941%. Kitohlavin (vitamin B-1) 50 mg 2,500%. Niacinamide 35 mg & Niacin 15 mg 50 mg 2,500%. Vitamin B-10 (as pytdoxine HCI 50 mg 2,500%. A pyridoxia-15-phosphate (Coenzymated***) 400 mcg 100%. Folate (as folic acid & calcium 10inate) 400 mcg 3,33%. Blotin 400 mcg 3,33%. Blotin 400 mcg 3,33%. Fantothenic Acid (as calcium e-pantothenate & pantethine) 200 mcg 3,33%. Calcium (as calcium arabonate & dicalcium malate) 200 mg 20%. Calcium (as calcium arabonate & dicalcium malate) 200 mg 50%. Calcium (as calcium arabonate & dicalcium malate) 200 mg 50%. Saleium (as potassium iodide) 100 mcg 13%. Zinc (as monomethionine (DptiZince*) & zinc citrate) 100 mcg 13%. Capper (as copper ci	Vitamin D-3 (as cholecalciferol)	400 IU	100%
Thiamin (vitamin B-1) 50 mg 3,333% Riboflavin (vitamin B-2) 50 mg 2,941% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,941% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,900% Vitamin B-6 (as pyridoxine HCI 50 mg 2,500% Folate (as folic acid & Caclolum folinate) 400 mcg 100% Vitamin B-12 (as methylcobalamin) 200 mcg 3,333% Biotin 400 mcg 133% Pantothenic Acid (as calcium - pantothenate & pantethine) 55 mg 550% Galcium (as calcium archonate & dicalcium malate) 200 mg 20% Jooline (as potassium iodide) 100 mcg 67% Magnesium (as magnesium chelate, oxide, & succinate) 20 mg 20% Zinc (as monomethonine [OptiZinc®] & zinc citrate) 15 mg 100% Selenium (as selenomethionine & sodium selenite) 100 mg 143% Copper (as copper Citate) 1 mg 50% Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium picolinate) 100 mg 33% Molyddenum (as mo	Vitamin E (as p-alpha tocopheryl succinate)	200 IU	667%
Ribotlavii (vitamin 8-2) 50 mg 2,941% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,505% Niacinamide 35 mg & Niacin 15 mg 50 mg 2,505% A pyridoxal-5'-phosphate (Coenzymated***)	Vitamin K-1 (as phytonadione)	120 mcg	150%
Niacinamide 35 mg & Niacin 15 mg 50 mg 250%	Thiamin (vitamin B-1)	50 mg	3,333%
Vitamin B-6 (as pyridoxine HCI 50 mg 2,500% & pyridoxal-5-phosphate [Coenzymated***]) 100% 100% Fobiate (as folia caid & Calcium (olinate) 400 mcg 100% Vitamin B-12 (as methylcobalamin) 200 mcg 3,333% Bibtin 400 mcg 133% Pantothenic Acid (as calcium o-pantothenate & pantethine) 55 mg 550% Calcium (as calcium carbonate & dicalcium malate) 100 mg 67% Golicum (as calcium carbonate & dicalcium malate) 100 mg 67% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Selenium (as selenomethionine & Sodium selente) 100 mg 67% Magnesium (as magnesum chitate) 100 mg 14% Copper (as copper citrate) 1 mg 50% Chromium (as chromium polynicotinate 100 mcg 83% Chromium (as chromium polynicotinate) 100 mcg 83% Chromium (as chromium picolinate) 100 mcg 138 Sodium 100 mcg 138 Sodium 100 mcg 138 Forbassium (as potassium citrate) <td>Riboflavin (vitamin B-2)</td> <td>50 mg</td> <td>2,941%</td>	Riboflavin (vitamin B-2)	50 mg	2,941%
8 pyridoxal-5'-phosphate (Coenzymated™) Foltar (as folic acid & calcium folinate) 400 mcg 100% Vitamin B-12 (as methyl-cobalamin) 200 mcg 3,333% Blotin 400 mcg 133% Partothenic Acid (as calcium e-pantothenate & pantethine) 55 mg 550% Calcium (as calcium carbonate & dicalcium malate) 200 mg 20% Calcium (as calcium arabonate & dicalcium malate) 200 mg 50% Calcium (as calcium carbonate & dicalcium malate) 200 mg 50% Calcium (as calcium carbonate & dicalcium malate) 200 mg 50% Zinc (as monomethionine (OptiZinc®) & zinc citrate) 100 mg 50% Scelenium (as selenomethionine & sodium selenite) 100 mg 100% Copper (as copper citrate) 1 mg 50% Chromium (as chromium poincionate 100 mg 3 mg 150% (Chromelate®) & chromium picolinate 100 mg 33% 100 mg 13% Sodium 100 mg 13% 50 mg 1% Potassium (as potassium citrate) 50 mg 1% **Acetyl Cysteine <td< td=""><td>Niacinamide 35 mg & Niacin 15 mg</td><td>50 mg</td><td>250%</td></td<>	Niacinamide 35 mg & Niacin 15 mg	50 mg	250%
Folate (as folic acid & calcium folinate)	Vitamin B-6 (as pyridoxine HCI	50 mg	2,500%
Vitamin B-12 (as methylcobalamin) 200 mcg 3,333% Biotin 400 mcg 3,333% Biotin 400 mcg 133% Pantothenici Acid (as calcium o-pantothenate & pantethine) 55 mg 550% Galcium (as calcium carbonate & dicalcium malate) 200 mg 20% Galcium (as calcium carbonate & dicalcium malate) 100 mcg 67% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Zinic (as monomethionine (DpitZince) & zinc citrate) 15 mg 100% Selenium (as selenomethionine & sodium selentie) 100 mg 143% Copper (as copper citrate) 1 mg 50% Chromium (as chromium polynocitiate 100 mg 83% Chromium (as chromium polynocitiate) 100 mg 33% Sodium 10 mg 133% Sodium 10 mg 13 Maceyl (>steine 100 mg 1% M-Acetyl (>steine 100 mg 1 M-Acetyl (>steine 100 mg 1 Horsetali Aleral Parts Extract (7% silica) 100 mg 1			
Biotin	Folate (as folic acid & calcium folinate)	400 mcg	100%
Pantothenic Acid (as calcium e-pantothenate & pantethine) 55 mg 550% Galcium (as calcium carbonate & dicalcium malate) 200 mg 20% Galcium (as calcium carbonate & dicalcium malate) 100 mg 67% Golium (as potassium iodide) 100 mg 67% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Sizinc (as monomethionine [OptiZinc®] & zinc citrate) 15 mg 100 mg Selenium (as selenomethionine & sodium selentie) 100 mg 143% Gopper (as copper citrate) 1 mg 50% Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium polynicotinate 100 mg 83% [ChromeMate®] & chromium picolinate) 100 mg 33% Sodium 100 mg 13% Potassium (as potassium citrate) 50 mg 1% M-Acetyl Cysteine 100 mg 1 M-Acetyl Cysteine 100 mg 1 Horsetali Aeral Parts Extract (7% silica) 100 mg 1 Cranberry Fruit 100 mg 1	Vitamin B-12 (as methylcobalamin)		
Calcium (as calcium carbonate & dicalcium malate) 200 mg 20% Iodine (as potassium colde) 100 mcg 67% Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Zinc (as monomethionine (OptiZince) & zinc citrate) 15 mg 100% Stelnium (as selementhionine & sodium selenite) 100 mcg 143% Copper (as copper citrate) 1 mg 50% Chromium (as chromium polymocinate 100 mcg 83% (Chromium (as chromium policinate) 100 mcg 33% Molydebrum (as molydehrum chelate) 100 mcg 133% Sodium 10 mg 1% Potassium (as potassium citrate) 50 mg 1% **Acetyl Cysteine 100 mg † ***Macyl Cysteine 100 mg † ***Horstall Aerial Parts Extract (7% silica) 100 mg † ***Ioraberry Fruit 100 mg †		400 mcg	
	Pantothenic Acid (as calcium p-pantothenate & pantethine)	55 mg	550%
Magnesium (as magnesium chelate, oxide, & succinate) 200 mg 50% Zinc (as monomethionine (DptiZinc®) & zinc citrate) 15 mg 100% Sclenium (as selenomethionine & sodium selente) 100 mg 143% Copper (as copper citrate) 1 mg 50% Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium polynocitrate 100 mcg 33% (IChromeMate®) & chromium picolinate) 100 mcg 133% Sodium 10 mg 41% Potassium (as potassium citrate) 50 mg 1% Pracetyl Cysteine 100 mg † M-Acetyl O-Giucosamine 100 mg † Horsetali Aeral Parts Extract (7% silica) 100 mg † Canaberry Fruit 100 mg †			
Zinc (as monomethionine [OptiZinc®] & zinc citrate) 15 mg 100%		100 mcg	
Selenium (as selenomethionine & sodium selenite) 100 mcg 143% Copper (as copper citrate) 1 mg 50% Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium polynicotinate 100 mcg 83% Chromium (as mohydenum chelate) 100 mcg 133% Sodium 10 mg 1% Plaassium (as potassium citrate) 50 mg 1% #Acetyl (Cystine 100 mg † #Arcetyl O-Giucosamine 100 mg † Horsetal Aeral Parts Extract (7% silica) 100 mg † Cranberry Fruit 100 mg †	Magnesium (as magnesium chelate, oxide, & succinate)	200 mg	50%
Copper (as copper citrate) 1 mg 50% Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium polynicotinate 100 mg 83% (ChromeMate®) & chromium picolinate) 100 mg 133% Molybdenum (as molybdenum chelate) 100 mg 133% Sodium 10 mg <1%	Zinc (as monomethionine [OptiZinc®] & zinc citrate)	15 mg	
Manganese (as manganese citrate) 3 mg 150% Chromium (as chromium polynicotinate 100 meg 83% ChromeMate/98 (a kromium picolinate) 100 meg 133% Molybdenum (as molybdenum chelate) 100 mcg 133% Sodium 10 mg <1%		100 mcg	
Chromium (as chromium polynicotinate) 100 mcg 83% [ChromeMate®] & chromium picolinate) 100 mcg 133% Molybdenum (as molybdenum chelate) 100 mcg 133% Sodium 10 mg <1%	Copper (as copper citrate)	1 mg	50%
[ChromeMate®] & chromium picolinate) 100 mcg 133% Molybdenum (as molybdenum chelate) 100 mcg 133% Sodium 10 mg <1%	Manganese (as manganese citrate)	3 mg	150%
Molybdenum (as molybdenum chelate) 100 mcg 133% Sodium 10 mg <1%	Chromium (as chromium polynicotinate	100 mcg	83%
Sodium 10 mg <1%	[ChromeMate®] & chromium picolinate)		
Potassium (as potassium citrate) 50 mg 1% #-Acetyl Cysteine 100 mg † #-Acetyl D-Glucosamine 100 mg † Horsetall Aerial Parts Extract (7% silica) 100 mg † Cranberry Fruit 100 mg †	Molybdenum (as molybdenum chelate)	100 mcg	133%
#Acetyl Cysteine 100 mg † #Acetyl D-Glucosamine 100 mg † Horsetal Aerial Parts Extract (7% silica) 100 mg † Horsetal Aerial Parts Extract (7% silica) 100 mg †	Sodium	10 mg	<1%
N-Acetyl D-Glucosamine 100 mg † Horsetail Aerial Parts Extract (7% silica) 100 mg † Cranberry Fruit 100 mg †	Potassium (as potassium citrate)	50 mg	1%
N-Acetyl D-Glucosamine 100 mg † Horsetail Aerial Parts Extract (7% silica) 100 mg † Cranberry Fruit 100 mg †	N-Acetyl Cysteine	100 mg	t
Horsetail Aerial Parts Extract (7% silica) 100 mg † Cranberry Fruit 100 mg †		100 mg	
Cranberry Fruit 100 mg †	Horsetail Aerial Parts Extract (7% silica)	100 mg	Ť
Green Tea Leaf Extract (95% polyphenols, 35% EGCG) 75 mg †		100 mg	Ť
	Green Tea Leaf Extract (95% polyphenols, 35% EGCG)	75 mg	Ť

67 mg†	Quercetin	25 mg
60 mg†	Coenzyme Q10	20 mg
	Ginkgo Leaf Extract (24% flavone	20 mg
	glycosides & 6% terpene lactones	s)
	***	20 mg
50 mg†		-
50 mg†		15 mg
40 mg†	(32% anthocyanosides)	
30 mg†	Tocotrienol Complex (EVNolMax™)	10 mg
30 mg†	Rutin	5 mg
30 mg†	Black Pepper Fruit Ext. (BioPerine®)	3 mg
25 mg†	Lycopene	3 mg
	Boron (as amino acid chelate)	2 mg
25 mg†		
25 mat		2 mg
25 mg†	Astaxanthin	100 mcg
	60 mgt 50 mgt 50 mgt 50 mgt 50 mgt 40 mgt 30 mgt 30 mgt 30 mgt 25 mgt	60 mg† Coenzyme Q10 Ginkgo Leaf Extract (24% flavone glycosides & 6% terpene lactone: bindolylmethane (DIM) Bilberry Fruit Extract (32% anthocyanosides) Tocotrienol Complex (EVNolMax**) Rutin Black Pepper Fruit Ext. (BioPerine®) Lycopene Boron (as amino acid chelate) Lutein

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily value not established. Other ingredients: stearic acid, modified cellulose gum, silica, and acacia gum.

Contains soy.

Directions: 3 tablets 1 to 2 times daily with meals. This product is intended for women.

WARNING: Not for use by men or those taking any form of prescription nitrate such as nitroglycerin. If you are pregnant, may become pregnant, breastfeeding, or if you are diabetic, have a blood coagulation disorder, or are regularly taking 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.

Source Naturals WOMEN'S LIFE FORCE™ MULTIPLE is a scientifically advanced formula, based on the award-winning Life Force™ Multiple. Additional ingredients address women's specific health concerns, including bone density, vein strength, menstrual comfort, breast health, and more. Designed for women of all ages, WOMEN'S LIFE FORCE delivers targeted nutrition to your key body systems. When these systems are Bio-Aligned™, you experience enhanced energy to meet the constant demands of your busy life.*

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children. Contains no yeast, dairy, egg, gluten or wheat. Contains no sugar, or artificial color, flavor or fra-

*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.

SN1953 REV E173-F (49)