

Chelated Cal-Mag

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (as calcium carbonate, amino acid chelate)	500 mg	50%
Magnesium (as magnesium oxide, amino acid chelate)	250 mg	60%

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, hydroxypropyl cellulose, titanium dioxide, polydextrose, magnesium silicate and medium chain triglycerides.

Indole-3-Carbinol

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Indole-3-Carbinol	200 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate, titanium dioxide.

Vitamin K2

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin K2 (as menaquinone-7)	100 mcg	83%

Other Ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, silicon dioxide, magnesium stearate.

Omega-3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%
Vitamin E (as d-alpha tocopheryl acetate)	14 mg	167%
Fish Oil Concentrate (providing EPA (Eicosapentaenoic Acid) 600 mg DHA (Docosahexaenoic Acid) 240 mg)	1100 mg	*

* Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Gelatin, glycerin, water.

Contains: Fish (anchovy, sardine) and Soy.

Does not Contain: Wheat, Gluten, Salt, Dairy, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

* 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.

Active-C[®] is a registered trademark of Vitamin Shoppe Industries, Inc.

Tri-Sorb[™] is a trademark of Vitamin Shoppe Industries, Inc.

STORE IN A COOL, DRY PLACE

KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

CONTENTS MAY VARY SLIGHTLY IN COLOR AND SIZE.

THIS DOES NOT REFLECT A VARIATION IN POTENCY.

Distributed by: Vitamin Shoppe, Inc.

Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-800-223-1214

for more information and to reorder.

Item No. VS-3159

2087426

66536 03159

7

7

mytrition.

women : 50+



Designed to bring you the benefits of the most advanced nutritional science in a convenient once-daily dose. Each personal pack includes a precise combination of high-quality tablets, capsules and softgels designed to provide you with a wide spectrum of supplements including vitamins and minerals, powerful antioxidants, targeted herbs and essential fatty acids.

MULTIVITAMINS

provides essential vitamins and minerals along with important antioxidants to help fill nutritional gaps and support overall health and wellness.

CHELATED CAL-MAG

provides a 2:1 ratio of essential calcium and magnesium to support bone health.

INDOLE-3-CARBINOL

IC3 is converted into DIM which helps support healthy estrogen metabolism and liver detoxification.

OMEGA-3 FISH OIL

high potency omega-3 EPA (600 mg) and DHA (240 mg) to support cardiovascular, brain and eye health. Also supports healthy triglyceride levels.

K2

Vitamin K2 helps calcium get into the bones and promotes overall cardiovascular health.

mytrition.

women : 50+



personal
packs™

DESIGNED
SPECIFICALLY
FOR YOU

dietary
supplement

30 DAY
SUPPLY

DIRECTIONS: Take one Personal Pack daily in between meals.

Women's High-Potency Multivitamin

Supplement Facts

Serving Size 2 Tablets

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and Vitamin A acetate)	1125 mcg	125%
Vitamin C (as Active C [®] (as Tri-Sorb [™] Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate))	200 mg	222%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl acetate)	25 mg	167%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg	6667%
Riboflavin (Vitamin B2)	80 mg	4114%
Niacin (as niacinamide)	25 mg	271%
Vitamin B6 (as pyridoxine HCl)	80 mg	4706%
Folate (600 mcg folic acid)	1333 mcg DFE	333%
Vitamin B12 (as cyanocobalamin)	50 mcg	2083%
Biotin	200 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	1600%
Calcium (as calcium carbonate, Active C [®] , dicalcium phosphate)	500 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C [®])	250 mg	60%
Zinc (as zinc oxide and Active C [®])	25 mg	227%
Selenium (as amino acid chelate)	200 mcg	564%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	67%
Chromium (as amino acid chelate)	120 mcg	543%
Molybdenum (as amino acid chelate)	75 mcg	167%
Choline (as choline bitartrate)	10 mg	2%

	Amount Per Serving	% Daily Value
Fruit & Veggie Blend (Citrus Beta-carotene, Carot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder (fruit), Spinach Powder, Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (seed), Cauliflower Powder, Kale Powder, Brussels Sprout Powder, Broccoli Powder, Apple Powder (fruit), Kiel Powder (fruit))	100 mg	*
Alpha-Lipoic Acid	50 mg	*
Green Tea Extract (Camellia sinensis/leaf std to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg))	50 mg	*
Cranberry Concentrate (Vitis vinifera/seed std to 95% Proanthocyanidins (23.75 mg))	25 mg	*
Grape Seed Extract (Vitis vinifera/seed std to 95% Proanthocyanidins (23.75 mg))	25 mg	*
Pomegranate Extract (Punica granatum/fruit std to 40% Ellagic Acid (10 mg))	25 mg	*
Insulin	10 mg	*
Black Pepper Extract (Piper nigrum/fruit)	5 mg	*
Silica (as silicon dioxide)	4 mg	*
Boron (as amino acid chelate)	2 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Asiatic Acid	50 mg	*
Quercetin	50 mg	*

* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, magnesium stearate, carnauba wax, pharmaceutical grade, natural vanilla, glycerin.

empowered. energized. exceptional.

personal
packs™

MULTIVITAMIN

MULTIVITAMIN

OMEGA-3 FISH OIL

VITAMIN K2

ACTUAL SIZE

women
50+

INDOLE-3-CARBINOL

CHELATED CAL-MAG