

Magnesium Citrate Complex

Supplement Facts

Serving Size 2 Capsules

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%
Vitamin E (as d-alpha tocopheryl acetate)	14 mg	93%

Other ingredients: Rice flour, gelatin, magnesium stearate, silicon dioxide.

CoQ-10

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Coenzyme Q-10	200 mg	*

Other ingredients: Rice flour, gelatin, magnesium stearate, silicon dioxide.

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	93%
Fish Oil Concentrate providing: EPA (Eicosapentaenoic Acid)	600 mg	
DHA (Docosahexaenoic Acid)	240 mg	

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.

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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
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mytrition®

women



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.▼

MAG-CITRATE COMPLEX
magnesium is an essential mineral that is required for energy production, nutrient metabolism, heart health and nervous system function.▼

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.▼

COQ-10
helps to promote cellular energy production and provides powerful antioxidant support.▼

mytrition®

women



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)	1225 mcg	136%
Vitamin C (as Active C® (as Tri-Scorb™ Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)))	200 mg	222%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopherol succinate)	25 mg	167%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg	6667%
Riboflavin (Vitamin B2)	80 mg	6154%
Niacin (as niacinamide)	35 mg	219%
Vitamin B6 (as pyridoxine HCl)	80 mg	4706%
Folate (800 mcg folic acid)	1333 mcg DFE	333%
Vitamin B12 (as cyanocobalamin)	50 mcg	2063%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	1600%
Calcium (as calcium carbonate and Active C®)	500 mg	38%
Iron (as ferrous fumarate)	27 mg	150%
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	364%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as amino acid chelate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Choline (as choline bitartrate)	10 mg	2%

	Amount Per Serving	% Daily Value
Fruit & Veggie Blend Citrus Bioflavonoids, Carrot 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), Kiwi Powder (fruit)	105 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	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	*
Inositol	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	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, hydroxypropyl cellulose, pharmaceutical glaze, natural vanilla, carnaube wax, glycerin.

empowered. energized. exceptional.

personal
packs™

MULTIVITAMIN

COQ-10

MAG-CITRATE COMPLEX

OMEGA-3 FISH OIL

women

ACTUAL SIZE

Item No. VS-3143 2097459

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