

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), CROSCARMELOSE SODIUM, SILICON DIOXIDE, MAGNESIUM STEARATE (VEGETABLE SOURCE), VEGETABLE COATING (SODIUM CARBOXYMETHYLCELLULOSE).

HEMOGLOBIN UNITS TYROSINE, DEXTROTRIZING UNITS, CELLULOSE UNITS, LIPASE UNITS

CONTAINS SOY INGREDIENTS. MILK AND WHEAT INGREDIENTS ARE USED IN FERMENTATION PROCESS OF ENZYMES. PRODUCT MAY CONTAIN TRACES OF MILK AND WHEAT. PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, EGGS, SHELLFISH AND FISH.

MANUFACTURED FOR: WHOLE FOODS MARKET • 550 BOWIE STREET • AUSTIN, TX 78703

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www.wholefoodsmarket.com

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES. NOTE: IF YOU ARE PREGNANT,

NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTH

CARE PRACTITIONER BEFORE USING THIS PRODUCT. TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

IF 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.



BOTTLE IS MADE FROM 100% PCR CONTENT



Vegetarian Women's Multi

WITH IRON

ONCE DAILY

- ✓ SUPPORTS REPRODUCTIVE HEALTH & STRONG BONES¹
- ✓ WITH B VITAMINS TO SUPPORT HEALTHY METABOLISM OF FATS, CARBOHYDRATES & PROTEINS¹
- ✓ WITH FOLIC ACID, CALCIUM, VITAMIN D, ENZYMES & BOTANICALS

60 TABLETS

MULTI-VITAMIN/MULTI-MINERAL SUPPLEMENT

DIRECTIONS: TAKE 1 TABLET DAILY WITH FOOD.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as 50% beta-carotene, 50% palmitate)	5000 IU 100%	Manganese (as manganese citrate)	2mg 100%
Vitamin C (as ascorbic acid)	120mg 200%	Chromium (as chromium polynicotinate)	200mcg 167%
Vitamin D3 (as cholecalciferol)	400 IU 100%	Molybdenum (as molybdenum amino acid chelate)	75mcg 100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%		
Vitamin K (as phytonadione)	100mcg 125%	Dong Quai (root)	50mg *
Thiamin (as thiamine mononitrate)	25mg 1667%	Spirulina	50mg *
Riboflavin	25mg 1471%	Citrus Bioflavonoids	25mg *
Niacin (as niacinamide)	25mg 125%	Red Clover (flower) extract	25mg *
Vitamin B6 (as pyridoxine HCl)	25mg 1250%	Soybean extract	25mg *
Folic Acid	400mcg 100%	Choline (as choline bitartrate)	20mg *
Vitamin B12 (as cyanocobalamin)	25mcg 417%	Inositol	20mg *
Biotin (as d-biotin)	150mcg 50%	Beet (root)	2.5mg *
Pantothenic Acid (as d-calcium pantothenate)	25mg 250%	Dandelion (root)	2.5mg *
Calcium (as calcium carbonate, calcium citrate, calcium malate)	200mg 20%	Kale (leaf)	2.5mg *
Iron (as iron amino acid chelate)	6mg 33%	Spinach (leaf)	2.5mg *
Magnesium (as magnesium oxide)	100mg 25%	Boron (as boron glycinate)	1mg *
Zinc (as zinc citrate)	10mg 67%	Protease	664 HUT *
Selenium (as selenomethionine, selenium amino acid chelate)	200mcg 286%	Amylase	226 DU *
Copper (as copper amino acid chelate)	1mg 50%	Cellulase	3 CU *
		Lipase	2 LU *

*Daily Value (DV) not established.