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General Nutrition Corporation
Pittsburgh, PA 15222 USA

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GNC

WOMEN'S Daily Multivitamin

Dietary Supplement

VITAMINS AND MINERALS FOR WOMEN'S HEALTH

- Antioxidants to protect against harmful free radicals*
- Cranberry to help maintain a healthy urinary tract*

60 CAPLETS

CODE 563112

Directions: As a dietary supplement, take two caplets daily.

BSG

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size Two Caplets/Servings Per Container 30			
Amount Per Serving	% Daily Value		
Vitamin A (as beta-Carotene)	1500 mcg	167%	
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	120 mg	133%	
Vitamin D-3 (as Cholecalciferol)	10 mcg (400 IU)	50%	
Vitamin E (as d-alpha Tocopheryl Succinate)	24.79 mg	165%	
Vitamin K (as Phytonadione)	80 mcg	67%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.5 mg	375%	
Riboflavin (Vitamin B-2)	5.1 mg	392%	
Niacin (as Niacinamide)	20 mg	125%	
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg	353%	
Folate (400 mcg Folic Acid)	667 mcg DFE	167%	
Vitamin B-12 (as Cyanocobalamin)	18 mcg	750%	
Biotin	300 mcg	1000%	
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg	200%	
Choline (as Choline Bitartrate)	50 mg	9%	
Calcium (as Calcium Carbonate, Calcium D-Pantothenate)	200 mg	15%	
Phosphorus (as Dicalcium Phosphate)	50 mg	4%	
Iodine (as Potassium Iodide)	150 mcg	100%	
Magnesium (as Magnesium Oxide)	50 mg	12%	
Zinc (as Zinc Oxide)	15 mg	136%	
Selenium (as Selenium Yeast)	70 mcg	127%	
Copper (as Cupric Sulfate)	2 mg	222%	
Manganese (as Manganese Sulfate)	2 mg	87%	
Chromium (as Chromium Yeast)	120 mcg	343%	
Molybdenum (as Molybdenum Yeast)	20 mcg	44%	
Chloride (as Potassium Chloride)	47 mg	2%	
Potassium (as Potassium Chloride)	50 mg	1%	
Cranberry Fruit Concentrate (<i>Vaccinium macrocarpon</i>)	80 mg	*	
Inositol	50 mg	*	
Flax Seed Hulls (<i>Linum usitatissimum</i>)	50 mg	*	
Apple Fruit Extract (<i>Malus pumila</i>)	10 mg	*	
Blueberry Fruit Powder (<i>Vaccinium corymbosum</i>)	10 mg	*	
Lutein	1 mg	*	
Lycopene	500 mcg	*	
Zeaxanthin	200 mcg	*	

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Caramel Color, Ethyl Vanillin, Carnauba Wax. **WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. No Artificial Colors, No Wheat, No Dairy, Gluten Free. **KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

Lot No./Best By:

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