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THE WOMAN'S FORMULA

Dietary Supplement

Complete fortified multivitamin
formula for women*

WOMENS
HEALTH

1960

9a

100 Tablets

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (as Vitamin A Palmitate)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E Natural (as d-Alpha Tocopheryl Acetate)	50 IU	167%
Vitamin B1 (as Thiamine Mononitrate)	3 mg	200%
Vitamin B2 (as Riboflavin)	3 mg	176%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	15 mg	750%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	8 mcg	133%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium d-Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	264 mg	26%
Iron (as Ferrous Fumarate)	27 mg	150%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	75 mg	19%
Zinc (as Zinc Sulfate)	20 mg	133%
Copper (as Cupric Sulfate)	1 mg	50%
Manganese (as Manganese Sulfate)	1 mg	50%

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, titanium dioxide, carmine color, FD&C Blue #2 Aluminum Lake, FD&C Red #40 Aluminum Lake, polyethylene glycol).

Directions: As a dietary supplement for adults, 1 tablet daily, with or after meals, or as directed by a health professional.

Contains Fish (Cod, Haddock, Pollock, Hake, Cusk, Redfish, Sole, Flounder), Soy.

WARNING: Please consult a healthcare professional before taking this product if you are pregnant or nursing.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

Store at room temperature.

Protect from light.

Keep out of reach of children.

* 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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Made in USA

For Information Call

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REF 1011