

# Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 60

| Amount Per Serving                                            | % Daily Value  | Amount Per Serving                                  | % Daily Value |
|---------------------------------------------------------------|----------------|-----------------------------------------------------|---------------|
| Vitamin A (as 25% vitamin A palmitate & as 75% beta carotene) | 10,000 IU 200% | Selenium (as selenium chelate)                      | 50 mcg 71%    |
| Vitamin C (ascorbic acid)                                     | 300 mg 500%    | Copper (as copper gluconate)                        | 0.7 mg 35%    |
| Vitamin D3 (as cholecalciferol)                               | 250 IU 50%     | Manganese (as manganese chelate)                    | 5 mg 375%     |
| Vitamin E (as d-alpha tocopheryl acid succinate)              | 100 IU 333%    | Chromium (as chromium picolinate)                   | 100 mcg 85%   |
| Vitamin K                                                     | 30 mcg 30%     | Molybdenum (as molybdenum chelate)                  | 12 mcg 16%    |
| Titanium (as titanium hydroxide)                              | 30 mg 2,000%   | Inositol                                            | 50 mg **      |
| Phosphorus                                                    | 15 mg 882%     | Ginger, powdered extract (4:1 root)                 | 50 mg **      |
| Melatonin (as melatonin & melatonin chelate)                  | 30 mg 150%     | Chitosan Powder                                     | 50 mg **      |
| Vitamin B6 (as pyridoxine hydrochloride)                      | 30 mg 1,500%   | Green Tea Polyphenols (EGCG)                        | 40 mg **      |
| Folic Acid                                                    | 400 mcg 100%   | Alfalfa Juice, powder 12:1 (leafy part)             | 25 mg **      |
| Vitamin B12 (as cyanocobalamin)                               | 400 mcg 6,667% | Spirulina algae (Arthrospira platensis) powder      | 25 mg **      |
| Biotin                                                        | 300 mcg 100%   | Wheat Grass Juice, (Triticum aestivum, powder leaf) | 25 mg **      |
| Pantothenic Acid (as calcium pantothenate)                    | 50 mg 500%     | Choline (as choline bitartrate)                     | 20 mg **      |
| Calcium (as calcium citrate & calcium carbonate)              | 500 mg 50%     | Boron (as boron citrate)                            | 0.5 mg **     |
| Iron (as ferrous fumarate)                                    | 9 mg 50%       | Silicon (from horsetail)                            | 0.5 mg **     |
| Iodine (from kelp)                                            | 150 mcg 100%   | Lutein (from Marigold flowers, Tagetes erecta)      | 0.5 mg **     |
| Magnesium (as magnesium oxide & magnesium citrate)            | 150 mg 30%     | Vanadium (as vanadium citrate)                      | 40 mcg **     |
| Zinc (as zinc citrate)                                        | 7 mg 47%       | ** Daily Value not established                      |               |

Other ingredients: Cellulose, coating (methylcellulose, glycerin [coconut]), stearic acid, magnesium stearate (vegetable grade), croscarmellose sodium.

## DIETARY SUPPLEMENT

# Women's MultiStart®

Dr. Michael Murray  
Formulated



Vitamin, Mineral, Herbal & Antioxidant Support\*

natural  
Factors®

180 Tablets

**Suggested Usage:** Take 3 tablets up to 2 times per day with meals or as directed by a health professional. Keep out of reach of children.

Women's MultiStart® for Women is the perfect foundation multiple containing a complete spectrum of nutrients, herbs and antioxidants in the ideal ratio and dosage. \* MultiStart® reduces the need for supplemental pills such as calcium, and ensures that correct and balanced levels of important nutrients, herbs and antioxidants are delivered to the body, specific to the nutritional needs of women. \*

**WARNING:** 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 immediately.

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

**Contains no artificial preservatives, colors or sweeteners; no dairy or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.**

Phytosome™ is a trademark of Indena S.p.A.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### PRODUCT OF CANADA

Manufactured by Natural Factors Canada  
Distributed by NATURAL FACTORS  
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Everett WA, USA 98203



Purity & Potency  
Guaranteed

LOT & EXPIRY  
0.6875" x 0.4375"  
Double Line

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