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OMEGA COMPLETE™ FOR WOMEN

Dietary Supplement

Clinically proven nutrients for
women's complete nutrition*

180 Tablets

MULTI
VITAMINS

EST
1960



Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	% Daily Value	
Vitamin A (as Mixed Carotenoids)	5000 IU	100%
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	250 mg	417%
Vitamin D2 (as Ergocalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	105 IU	350%
Vitamin K (as Phytonadione)	80 mcg	100%
Vitamin B1 (Thiamine HCl)	25 mg	1667%
Vitamin B2 (Riboflavin)	25 mg	1471%
Vitamin B3 (as Niacinamide)	50 mg	250%
Vitamin B6 (Pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg	250%
Calcium (as Calcium Carbonate)	100 mg	10%
Iodine (from Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium Lysyl Glycinate Chelate)	50 mg	13%
Zinc (as Zinc Glycinate Chelate)	15 mg	100%
Selenium (as L-Selenomethionine)	200 mcg	286%
Copper (as Copper Glycinate Chelate)	2 mg	100%
Manganese (as Manganese Glycinate Chelate)	2 mg	100%
Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Molybdenum (as Molybdenum Glycinate Chelate)	75 mcg	100%
Soy Germ Extract (Standardized for 40% Isoflavones)	50 mg	†
Acai fruit Extract	25 mg	†
Choline (as Choline Bitartrate)	25 mg	†
Cranberry juice concentrate	25 mg	†
ActiFlax™ flax lignan	23 mg	†
Inositol	25 mg	†
PABA (para-Aminobenzoic Acid)	25 mg	†

Pomegranate Extract (Standardized for 40% Punicosides)	25 mg	†
Xanthosteen* (<i>Garcinia mangostana</i>) Extract (Standardized for 20% Polyphenols)	25 mg	†
Mixed Tocotrienol Complex (from Palm Oil)	10 mg	†
Boron (as Boron Amino Acid Complex)	1 mg	†
Bronson BioAccelerators™ (Bioperine*+, Ginger root Extract, Trikatu, Digezyme*+, Lactospore*+)	23 mg	†

† Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, maltodextrin, silicon dioxide, croscarmellose sodium, ylang ylang oil, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

Contains Fish and Soy.

Directions: As a dietary supplement for adults, 3 tablets daily, preferably with meals, or as directed by a health professional.

WARNING: Do not use this product if you are pregnant or nursing.

Store at room temperature. Protect from light.
Keep out of reach of children.

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* 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

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