

- No Preservatives
- No Artificial Colors
- No Artificial Flavors

Actual
Tablet
Size

meijer
Naturals™

Energetic Womens Multi

With Soy, Lutein, Black Cohosh
and Cranberry

Dietary
Supplement
90 TABLETS

**GENERAL
HEALTH**

B vitamins help convert food into energy. Antioxidants protect against fatigue. Iron builds hemoglobin, which helps transport oxygen to cells.†

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving

% DV

Vitamin A (as acetate, beta carotene)	10,000 iu	200%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	400 iu	100%
Vitamin E (as d-alpha succinate)	150 iu	500%
Vitamin K (as phytonadione)	100 mcg	125%
Vitamin B-1 (as thiamine hydrochloride)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	125 mg	6250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Vitamin B-5 (as calcium pantothenate)	150 mg	1500%
Calcium (as carbonate, citrate, amino acid chelate)	400 mg	40%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp)	250 mcg	167%
Magnesium (as oxide, citrate, amino acid chelate)	400 mg	100%
Zinc (as monomethionine)**	15 mg	100%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	10 mg	500%

Amount Per Serving

% DV

Chromium (as polynicotinate) ^	100 mcg	83%
Molybdenum (as amino acid chelate)	50 mcg	67%
Potassium (as amino acid chelate)	50 mg	1.4%
Inositol	20 mg	*
Choline (as bitartrate)	20 mg	*
PABA (para amino benzoic acid)	20 mg	*
Soy Isoflavones (10% isoflavones) †	25 mg	*
Polygonum cuspidatum extract †	4 mg	*
Lutein (Marigold Extract)s	300 mcg	*
Boron (as Krebs Cycle Complex)	200 mcg	*
GLA (gamma linolenic acid) powder	25 mg	*
Vanadyl Sulfate	50 mcg	*
Dong Quai Extract	50 mg	*
Black Cohosh (2.5% triterpene lactones)	10 mg	*
Citrus Bioflavonoid Complex	20 mg	*
Chasteberry Extract	25 mg	*
Cranberry Fruit Concentrate	40 mg	*
Uva Ursi Berries	60 mg	*
Chamomile Flower Extract	30 mg	*
Eleutherococcus Extract (0.4% eleutherosides)	25 mg	*
Alfalfa Leaves	15 mg	*

* Daily Value Not Established

Contains No Added sugar, salt, dairy, yeast, wheat, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

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 center immediately.

Other Ingredients: May contain one or more of the following: dicalcium phosphate, cellulose, modified cellulose gum, magnesium stearate, vegetable stearin, silica and food glaze. Contains soy.

-From L-OptiZinc™
^From ChromeMate® †From SoyLife™ From Protykin™ sFrom FloraGLD™

†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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