

ACTIVE WOMAN'S MULTI

With Soy, Lutein,
Black Cohosh and Cranberry

Dietary Supplement

| Supplement Facts | | | Serving Size: 3 Tablets | | |
|--|-----------|-------|--|---------|------|
| Amount Per Serving | | % DV | Amount Per Serving | | % DV |
| Vitamin A (as acetate, beta carotene) | 10,000 iu | 200% | Chromium (as polynicotinate) [^] | 100 mcg | 83% |
| Vitamin C (as ascorbic acid) | 250 mg | 417% | Molybdenum (as amino acid chelate) | 50 mcg | 67% |
| Vitamin D (as cholecalciferol) | 400 iu | 100% | Potassium (as amino acid chelate) | 50 mg | 1.4% |
| Vitamin E (as d-alpha succinate) | 150 iu | 500% | Inositol | 20 mg | * |
| Vitamin K (as phytonadione) | 100 mcg | 125% | Choline (as bitartrate) | 20 mg | * |
| Vitamin B-1 (as thiamine hydrochloride) | 50 mg | 3333% | PABA (para amino benzioc acid) | 20 mg | * |
| Riboflavin | 50 mg | 2941% | Soy Isoflavones (10% isoflavones) [†] | 25 mg | * |
| Niacin (as niacinamide) | 50 mg | 250% | Polygonum cuspidatum extract [▼] | 4 mg | * |
| Vitamin B-6 (as pyridoxine hydrochloride) | 125 mg | 6250% | Lutein (Marigold Extract) [▲] | 300 mcg | * |
| Folic Acid | 800 mcg | 200% | Boron (as Krebs Cycle Complex) | 200 mcg | * |
| Vitamin B-12 (as cyanocobalamin) | 200 mcg | 3333% | GLA (gamma linolenic acid) powder | 25 mg | * |
| Biotin | 300 mcg | 100% | Vanadyl Sulfate | 50 mcg | * |
| Vitamin B-5 (as calcium pantothenate) | 150 mg | 1500% | Dong Quai Extract | 50 mg | * |
| Calcium (as carbonate, citrate, amino acid chelate) | 400 mg | 40% | Black Cohosh (2.5% triterpene lactones) | 10 mg | * |
| Iron (as amino acid chelate) | 18 mg | 100% | Citrus Bioflavonoid Complex | 20 mg | * |
| Iodine (from kelp) | 250 mcg | 167% | Chasteberry Extract | 25 mg | * |
| Magnesium (as oxide, citrate, amino acid chelate) | 400 mg | 100% | Cranberry Fruit Concentrate | 40 mg | * |
| Zinc (as monomethionine)** | 15 mg | 100% | Uva Ursi Berries | 60 mg | * |
| Selenium (as amino acid chelate) | 200 mcg | 286% | Chamomile Flower Extract | 30 mg | * |
| Copper (as amino acid chelate) | 2 mg | 100% | Eleutherococcus Extract (0.4% eleutherosides) | 25 mg | * |
| Manganese (as amino acid chelate) | 10 mg | 500% | 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™ [▲]From FloraGLO™

QUALITY AND POTENCY GUARANTEED.

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