

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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