Contains No sugar, salt, dairy, yeast, wheat, gluten, 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.

Other Ingredients: Cellulose, vegetable stearin, food glaze, silica, dicalcium phosphate, and magnesium stearate.

Contains soy.

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§From Soylife® is a registered trademark of Frutarom, Inc.

▲From FloraGLO® is a registered trademark of Kemin Industries, Inc.

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.

KEEP OUT OF REACH OF CHILDREN.

Active Woman's Multi

With Soy, Lutein, Black Cohosh and Cranberry

Dietary Supplement

180 Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets

Servings Per Container 60

	Amount Per Serving	% DV
Vitamin A (as acetate, beta carotene)	3,696 mcg RAE (10,000 IU)	411%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha succinate)	124 mg	827%
Vitamin K (as phytonadione)	100 mcg	83%
Vitamin B-1 (as thiamine hydrochloride)	50 mg	4,167%
Riboflavin	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (as pyridoxine hydrochloride)	125 mg	7,353%
Folate	1,333 mcg DFE (800 mcg folic acid)	333%
Vitamin B-12 (as cyanocobalamin)	200 mcg	8,333%
Biotin	300 mcg	1,000%
Vitamin B-5 (as calcium pantothenate)	150 mg	3,000%
Choline (as bitartrate)	20 mg	4%
Calcium (as carbonate, citrate, amino acid chelate)	400 mg	31%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp)	250 mcg	167%
Magnesium (as oxide, citrate, amino acid chelate)	400 mg	95%
Zinc (as monomethionine)**	15 mg	136%
Selenium (as amino acid chelate)	200 mcg	364%
Copper (as amino acid chelate)	2 mg	222%
Manganese (as amino acid chelate)	10 mg	435%
Chromium (as polynicotinate)^	100 mcg	286%
Molybdenum (as amino acid chelate)	50 mcg	111%
Potassium (as amino acid chelate)	50 mg	1%
Inositol	20 mg	*
PABA (para amino benzoic acid)	20 mg	*
Soy Isoflavones (10% isoflavones)§	25 mg	*
Resveratrol (*Polygonum cuspidatum*) extract	4 mg	*
Lutein (Marigold Extract)▲	300 mcg	*
Boron (from boron chelate)	200 mcg	*
GLA (gamma linolenic acid) powder	25 mg	*
Vanadyl Sulfate	50 mcg	*
Dong Quai Extract	50 mg	*
Black Cohosh (2.5% Total triterpene glycosides)	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

QUALITY & POTENCY GUARANTEED

1203

BAR CODE PLACEHOLDER DO NOT REMOVE