

**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.

\*\*From L-OptiZinc®

L-OptiZinc® and its logo is a trademark of Lonza or its affiliates

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

▲ Lutemax Free Lutein is a trademark of OmniActive Health Technologies Ltd.

**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	Amount Per Serving		% DV
Vitamin A (as acetate, beta carotene)	3,000 mcg RAE (10,000 IU)	333%	Manganese (as amino acid chelate)	10 mg	435%
Vitamin C (as ascorbic acid)	250 mg	278%	Chromium (from amino acid chelate)	100 mcg	286%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	Molybdenum (as amino acid chelate)	50 mcg	111%
Vitamin E (as d-alpha succinate)	124 mg	827%	Potassium (as amino acid chelate)	50 mg	1%
Vitamin K (as phytonadione)	100 mcg	83%	Uva Ursi Berries	60 mg	*
Vitamin B-1 (as thiamine hydrochloride)	50 mg	4,167%	Dong Quai Extract	50 mg	*
Riboflavin	50 mg	3,846%	Cranberry Fruit Concentrate	40 mg	*
Niacin (as niacinamide)	50 mg	313%	Chamomile Flower Extract	30 mg	*
Vitamin B-6 (as pyridoxine hydrochloride)	125 mg	7,353%	Chasteberry Extract	25 mg	*
Folate (800 mcg folic acid)	1,360 mcg DFE	340%	Eleutherococcus Extract (0.4% eleutherosides)	25 mg	*
Vitamin B-12 (as cyanocobalamin)	200 mcg	8,333%	GLA (gamma linolenic acid) powder	25 mg	*
Biotin	300 mcg	1,000%	Soy Isoflavones (10% isoflavones) §	25 mg	*
Vitamin B-5 (as calcium pantothenate)	150 mg	3,000%	Citrus Bioflavonoid Complex	20 mg	*
Choline (as bitartrate)	20 mg	4%	Inositol	20 mg	*
Calcium (from carbonate, amino acid chelate, citrate)	400 mg	31%	PABA (para-aminobenzoic acid)	20 mg	*
Iron (as amino acid chelate)	18 mg	100%	Alfalfa Leaves	15 mg	*
Iodine (from kelp)	250 mcg	167%	Black Cohosh (2.5% Total triterpene glycosides)	10 mg	*
Magnesium (from oxide, amino acid chelate, citrate)	400 mg	95%	Resveratrol (Polygonum cuspidatum) extract	4 mg	*
Zinc (as monomethionine)**	15 mg	136%	Lutein (Marigold Extract)▲	300 mcg	*
Selenium (as amino acid chelate)	200 mcg	364%	Boron (from boron chelate)	200 mcg	*
Copper (as amino acid chelate)	2 mg	222%	Vanadyl Sulfate	50 mcg	*

\* Daily Value not established

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