

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® 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

90 Tablets

SUPPLEMENT FACTS			
Serving Size 3 Tablets			
Servings Per Container 30			
Amount Per Serving		% DV	
Vitamin A (as acetate, beta carotene)	3,000 mcg RAE (10,000 IU)	333%	
Vitamin C (as ascorbic acid)	250 mg	278%	
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	
Vitamin E (as d-alpha succinate)	124mg	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 (800 mcg folic acid)	1,360 mcg DFE	340%	
Vitamin B-12 (as cyanocobalamin)	200 mcg	8,333%	
Biotin (as calcium pantothenate)	300 mcg	1,000%	
Vitamin B-5	150 mg	3,000%	
Choline (from bitartrate)	20 mg	4%	
Calcium (from carbonate, amino acid chelate, citrate)	400 mg	31%	
Iron (from amino acid chelate)	18 mg	100%	
Iodine (from kelp)	250 mcg	167%	
Magnesium (from oxide, amino acid chelate, citrate)	400 mg	95%	
Zinc (from monomethionine)**	15 mg	136%	
Selenium (from amino acid chelate)	200 mcg	364%	
Copper (from amino acid chelate)	2 mg	222%	
Amount Per Serving		% DV	
Manganese (from amino acid chelate)	10 mg	435%	
Chromium (from amino acid chelate)	100 mcg	286%	
Molybdenum (from amino acid chelate)	50 mcg	111%	
Potassium (from amino acid chelate)	50 mg	1%	
Uva Ursi Berries	60 mg	*	
Dong Quai Extract	50 mg	*	
Cranberry Fruit Concentrate	40 mg	*	
Chamomile Flower Extract	30 mg	*	
Chasteberry Extract	25 mg	*	
Eleutherococcus Extract (0,4% eleutherosides)	25 mg	*	
GLA (gamma linolenic acid) powder	25 mg	*	
Soy Isoflavones (10% isoflavones)§	25 mg	*	
Citrus Bioflavonoid Complex	20 mg	*	
Inositol	20 mg	*	
PABA (para-aminobenzoic acid)	20 mg	*	
Alfalfa Leaves	15 mg	*	
Black Cohosh (2,5% Total triterpene glycosides)	10 mg	*	
Resveratrol (Polygonum cuspidatum) extract	4 mg	*	
Lutein (Marigold Extract)▲	300 mcg	*	
Boron (from boron chelate)	200 mcg	*	
Vanadyl Sulfate	50 mcg	*	
* Daily Value (DV) not established			