

**Other Ingredients:** Organic agave inulin powder, organic pea starch, organic tapioca dextrose, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), silica.

**Contains No** sugar, salt, dairy, wheat, gluten, eggs, peanuts, fish, shellfish, preservatives, artificial colors, artificial flavors.

**Suggested Use:** As a dietary supplement, adults take two (2) tablets daily, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

† **These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease**

**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.**

CERTIFIED ORGANIC WHOLE FOOD

# Women's Multi 40+

**SUPPORTS OPTIMAL HEALTH,  
ENERGY & WELL BEING†**

**GLUTEN FREE • NON GMO • VEGAN**

*Dietary  
Supplement*



**60  
Tablets**

## SUPPLEMENT FACTS

Serving Size 2 Tablets  
Servings Per Container 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (from Organic Whole Food Complex Blend)	1200 mcg (4,000 IU)	133%	Pantothenic Acid (from Organic Whole Food Complex Blend)	7 mg	140%
Vitamin C (from Organic Whole Food Complex Blend & organic acerola extract)	100 mg	111%	Iron (from Organic Whole Food Complex Blend)	2 mg	11%
Vitamin D3 (from Organic Whole Food Complex Blend & organic algae)	30 mcg (1,260 IU)	150%	Zinc (from Organic Whole Food Complex Blend)	7 mg	64%
Vitamin E (from Organic Whole Food Complex Blend & as d-alpha tocopheryl succinate)	19.5 mg	130%	Selenium (from Organic Whole Food Complex Blend)	71.5 mcg	130%
Vitamin K (from Organic Whole Food Complex Blend)	100 mcg	83%	Manganese (from manganese chelate & Organic Whole Food Complex Blend)	0.8 mg	35%
Thiamine (from Organic Whole Food Complex Blend)	1.56 mg	130%	Chromium (from Organic Whole Food Complex Blend)	42 mcg	120%
Riboflavin (from Organic Whole Food Complex Blend)	1.95 mg	150%	<b>Organic Whole Food Complex Blend</b>	1552 mg	*
Niacin (as niacinamide & from Organic Whole Food Complex Blend)	18.4 mg	115%	Organic Amla Extract, Organic Moringa Extract, Organic Holy Basil, Organic Tea Extract, Organic Sunflower Seed Kernel Extract, Organic Carrot Extract, Organic Spinach Extract, Organic Shiitake Extract, Organic Curry Leaf Extract, Organic Coconut Extract, Organic Parsley Extract, Organic Achiotte Extract, Organic Lichen, Organic Garlic Extract, Organic Marigold Extract		
Vitamin B6 (as pyridoxine hydrochloride & from Organic Whole Food Complex Blend)	9.35 mg	550%	<b>Organic Women's Herbal Blend</b>	300 mg	*
Folate (from Organic Whole Food Complex Blend)	400 mcg DFE	100%	Organic Beet Root, Organic Red Clover Seed, Organic Raspberry Seed Extract		
Vitamin B12 (as methylcobalamin & from Organic Whole Food Complex Blend)	24 mcg	1000%			
Biotin (as biotin & from Organic Whole Food Complex Blend)	200 mcg	667%			

\*Daily Value not established

