

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 3 capsules, 1–2 times daily, with meals.

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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Women's Nutrients

Multivitamin/mineral complex for women over 40†

Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

180 CAPSULES



Supplement Facts

Serving size 3 capsules
Servings per container 60

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.95 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin [®] , L5-MTHF)	667 mcg (400 mcg L5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	1 mg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate)	200 mg	15%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	50 mg	12%

Zinc (as zinc citrate)	75 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium citrate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid	375 mg	*
Cranberry (Vaccinium macrocarpon) concentrate (fruit)	50 mg	*
MacularSynergy Complex[®]		
FloraGLO [®] lutein	3 mg	*
Zeaxanthin	500 mcg	*
BreastHealth Plus[®]		
HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg	*
Green tea (Camellia sinensis) leaf (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg	*
Turmeric (Curcuma longa) extract (fruit) (standardized to contain 95% curcuminoids)	50 mg	*
Calcium-D-glucarate	25 mg	

Cardio Polyphenol Complex[®]		
Red wine (Vitis vinifera) concentrate (whole grape)	50 mg	*
(standardized to contain 25% total polyphenols)		
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
StressCalm Blend[®]		
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg	*
Lemon balm (Melissa officinalis) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg	*
*Daily value (DV) not established		
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin		
CHROME MATE[®]	ChromeMate [®] brand niacin-bound chromium. ChromeMate [®] is a registered trademark of InterHealth, N.I.	
Curcumin C3 Complex is a registered trademark and patented product of Sabinsa Corporation.		
HMRlignan™ is a trademark of Linnea Inc.		
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.		

Manufactured by: **Pure Encapsulations**
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code: **WN1**

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