

Supplemental Facts – Women’s Master-Multi

Serving Size: 1 Packet		
Servings Per Container: 28	Amount per Serving	% Daily Value
Vitamin A (as mixed carotenoids and vitamin A acetate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
Riboflavin (vitamin B2)	50 mg	2941%
Niacin (as niacin and niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5000%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin	1000 mcg	333%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as calcium citrate and dicalcium phosphate)	585 mg	59%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium phosphate)	200 mg	20%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide and chelate†)	280 mg	70%
Zinc (as zinc glycinate†)	15 mg	100%
Selenium (as selenium amino acid chelate†)	100 mcg	143%
Copper (as copper glycinate†)	1.5 mg	75%
Manganese (as manganese aspartate†)	10 mg	500%
Chromium (as chromium picolinate)	300 mcg	250%
Molybdenum (as molybdenum amino acid chelate†)	25 mcg	33%
Molecularly Distilled Fish Oil (derived from sardine, anchovy and mackerel)	1000 mg	**
Provides EPA (eicosapentanoic acid)	360 mg	**
Provides DHA (docosahexaenoic acid)	240 mg	**
Women’s Complete Blend (Proprietary Blend 1) Dong Quai Extract (root) (standardized to 1% ligustilide), Fo-Ti Extract (root), Soy Isoflavone Extract (bean)	525 mg	**
Micronutrient Blend (Proprietary Blend 2) Ginkgo Biloba Extract (leaf) (standardized to 24% flavoneglycosides), Choline (as choline bitartrate), Inositol (as myo-inositol), Pine Bark Extract (standardized to 95% polyphenols), Silica (as silicon dioxide), Alpha-Lipoic Acid, Boron (as sodium borate), Vanadium (as vanadyl sulfate), Zeaxanthin (from mixed carotenoid complex), Lutein (from mixed carotenoid complex)	243 mg	**
** % Daily Value not established.		
† Amino-Acid Chelated Minerals		
OTHER INGREDIENTS: Microcrystalline and Modified Cellulose, Gelatin, Croscarmellose Sodium, Glycerin, Polyethylene Glycol, Stearic Acid, Sodium Lauryl Sulfate, Methacrylic Acid Copolymers, Triacetin, Triethyl Citrate, Vanillin, Magnesium Stearate, Pharmaceutical Glaze		