

# Essentials for Women™

<b>Supplement Facts</b>	
Serving Size: 2 Tablets	Servings per Container: 60
Amount per Serving	% Daily Value
Vitamin A (as beta carotene) 2500 IU	50%
Vitamin C (as calcium, magnesium and sodium ascorbates) 60 mg	100%
Vitamin D3 (as cholecalciferol) 500 IU	125%
Vitamin E (as mixed tocopherols) 30 IU	100%
Vitamin K2 (as menaquinone) 40 mcg	50%
Thiamin (as thiamin HCl) 3.75 mg	250%
Riboflavin 4.25 mg	250%
Niacin (as niacinamide) 10 mg	50%
Vitamin B6 (as pyridoxine HCl) 5 mg	250%
Folic Acid 300 mcg	75%
Vitamin B12 (as cyanocobalamin) 15 mcg	250%
Biotin 250 mcg	83%
Pantothenic Acid 22.5 mg	225%
Calcium (as carbonate, hydroxyapatite, citrate and gluconate) 450 mg	45%
Iodine (as kelp and potassium iodide) 100 mcg	67%
Magnesium (as oxide, citrate and amino acid chelate) 100 mg	25%
Zinc (as oxide, citrate and amino acid chelate) 7.5 mg	50%
Selenium (as amino acid chelate) 50 mcg	71%
Copper (as amino acid chelate) 1 mg	50%
Manganese (as amino acid chelate) 1 mg	50%
Chromium (as amino acid chelate) 100 mcg	83%
Molybdenum (as amino acid chelate) 37.5 mcg	50%
Boron (as citrate) 500 mcg	¶
Vanadium (as amino acid chelate) 2.5 mcg	¶
Proprietary Blend 107 mg	¶
Beet ( <i>Beta vulgaris</i> ) juice powder, grape ( <i>Vitis vinifera</i> ) seed extract, flax ( <i>Linum usitatissimum</i> ) seed extract, green tea ( <i>Camellia sinensis</i> ) leaf extract, choline bitartrate, alpha lipoic acid, Ionic Alfalfa™ ( <i>Medicago sativa</i> ) leaf extract, milk thistle ( <i>Silybum marianum</i> ) seed extract, pomegranate ( <i>Punica granatum</i> ) fruit extract, N-acetyl-L-cysteine, citrus bioflavonoids, rutin, hesperidin	
¶Daily Value not established.	

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, cellulose gum, sodium bicarbonate, cellulose, magnesium stearate (vegetable source), glycerin, carnauba wax



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN