

Woman's Multi-Vitamin Complex

Nutritional information per daily intake: 2 capsules

Vitamin A (Retinol Acetate)	1000mcg *125% NRV
Vitamin D3 (D-Cholecalciferol)	25mcg *500% NRV
Vitamin E (Tocopherol Acetate)	5mg *42% NRV
Vitamin K2 (Menaquinone-7)	100mcg *133% NRV
Vitamin B1 (Thiamine HCl)	0.6mg *55% NRV
Vitamin B2 (Riboflavin)	8.5mg *607% NRV
Vitamin B3 (Niacin)	7.9mg *49% NRV
Vitamin B6 (Pyridoxine HCl)	1.3mg *93% NRV
Folate (L-methyl Folate Calcium)	250mcg *63% NRV
Vitamin B12 (Methyl cobalamin)	2.5mcg *100% NRV
Biotin	300mcg *600% NRV
Vitamin B5 (Pantothenic Acid)	5mg *83% NRV
Zinc (Zinc Bisglycinate)	10mg *100% NRV
Manganese (Manganese Citrate)	2mg *100%
Selenium (Selenium Methionine)	55mcg *100%
Chromium (Chromium Picolinate)	40mcg *100%
Total Curcuminoids	50mg
Maca Extract	50mg
Ashwagandha Extract	50mg
Boron (Boron Citrate)	200mcg
Molybdenum (Sodium Molybdate)	40mcg
Magnesium (Magnesium Bisglycinate)	14mg
Calcium (Marine Calcium Carbonate)	100mg
Iodine (Marine Source)	75mcg
Berberine	30mg

Other Ingredients: Inulin, Lecithin (GMO free Sunflower), Gum Arabic. *Nutrient Reference Value. **Nutrient Reference Value Not Established.