

## WOMEN'S WHOLEFOOD MULTI with Iron

**Ingredients:** Broccoli powder (*Brassica oleracea*), calcium ascorbate (providing vitamin C), magnesium (from citrate), chromium (from yeast), vitamin B5 (as calcium D-pantothenate), iron (as ferrous citrate), vitamin E (as d-alpha tocopherol succinate), spirulina powder (*Arthrospira platensis*), carrot powder (*Daucus carota*), zinc (from citrate), selenium (from yeast), kelp extract (*Laminaria japonica*) providing iodine, vitamin B1 (as thiamin hcl), bamboo extract (*Bambusa vulgaris*), vitamin B2 (as riboflavin), vitamin B3 (as nicotinamide), vegan vitamin D3 (cholecalciferol) preparation (corn syrup, Arabic gum, mct oil, silicon dioxide, sodium ascorbate) beta carotene (*Daucus carota*), vitamin B6 (as P5P), acai berry (*Euterpe oleracea*), acerola cherry extract (*Malpighia emarginata*), copper (as glycinate), vitamin K2(MK-7), boron (as di-sodium tetraborate), manganese (as citrate), folic acid (as L-5-methyltetrahydrofolate calcium), vitamin B12 (as methylcobalamin), molybdenum (as sodium molybdate), biotin, hydroxypropyl methylcellulose (capsule shell).

**Recommended Intake:** 1-2 capsules daily with food as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a varied, balanced diet and lifestyle.

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- Suitable for vegans & vegetarians
- BEST BEFORE DATE: see base of container
- Store in a cool, dry place

PRODUCT CODE: 3445



## CYTOPLAN IMPROVED WOMEN'S WHOLEFOOD MULTI with Iron

Multivitamin & Mineral Formulation | Wholefood



60 VEGAN CAPSULES  
Food Supplement

### Product Information:

60 Capsules = 30-60 days supply

Two capsules will provide on average:

Average Values:	%NRV	
Beta Carotene	3mg	*
Vitamin D3	40µg	800
Vitamin E	44.69 i.u./30mg α-TE	250
Vitamin C	200mg	250
Thiamin (B1)	20mg	1818
Riboflavin (B2)	20mg	1429
Niacin (B3)	16mg	100
Pantothenic acid (B5)	50mg	833
Vitamin B6 (as P-5-P)	10mg	714
Folic Acid (as 5-MTHF)	200µg	100
Vitamin B12 as methylcobalamin	130µg	5200
Biotin	15µg	30
Vitamin K2	60µg	80
Iron	10mg	71
Magnesium	30mg	8
Zinc	10mg	100
Iodine	150µg	100
Boron	0.5mg	*
Copper	1mg	100
Manganese	1mg	50
Selenium	150µg	273
Chromium	160µg	400
Molybdenum	20µg	40

NRV = Nutrient  
Reference Value  
\*Indicates no NRV



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