# Supplements




## Especially Yours - Women's Multiple Tablets

Product No. 30806

Nature's Plus Especially Yours concentrates on areas of nutritional importance for women, including Essential Oils, Vitamin E, Vitamin B-6, Iron, Vitamin C, Enzymes and Adaptogen Herbs. Many people are aware that their regular diet is not consistently supplying enough of the food-based nutrients their bodies need. Nature's Plus offers a wide array of vitamin and mineral supplements that can effectively fill many of those nutritional gaps.

**Bottles of:**
**60 #30806**
**90 #30807 -180 #30808**

## Supplement Facts

**Serving Size 3 Tablets**

| Ingredient | Amount | % Daily Value |
|---|---|---|
| Vitamin A (as beta carotene) | 10000 IU | 200 % |
| Vitamin C (as ascorbic acid) | 300 mg | 500 % |
| Vitamin D (as ergocalciferol) | 400 IU | 100 % |
| Vitamin E (as d-alpha tocopheryl succinate) | 400 IU | 1,333 % |
| Thiamin (vitamin B-1) (as thiamine HCl) | 10 mg | 667 % |
| Riboflavin (vitamin B-2) | 10 mg | 588 % |
| Niacin | 10 mg | 50 % |
| Vitamin B-6 (as pyridoxine HCl) | 100 mg | 5,000 % |
| Folate (as folic acid) | 800 mcg | 200 % |
| Vitamin B-12 (as cyanocobalamin) | 100 mcg | 1,667 % |
| Biotin | 200 mcg | 67 % |
| Pantothenic Acid (as calcium pantothenate) | 50 mg | 500 % |
| Calcium (as aminoate) | 150 mg | 15 % |
| Iron (as aspartate) | 40 mg | 222 % |
| Iodine (from kelp) | 225 mcg | 150 % |
| Magnesium (as aminoate) | 300 mg | 75 % |
| Zinc (as picolinate) | 20 mg | 133 % |
| Selenium (as aminoate) | 10 mcg | 14 % |
| Manganese (as ascorbate) | 6.1 mg | 305 % |
| Chromium (as aminoate) | 15 mcg | 13 % |
| Potassium (as citrate) | 15 | < 1 % |
| Flax Seed | 100 mg | † |
| Lemon Bioflavonoid Complex (from *Citrus limon* exocarp) (active flavonols, flavonones, flavones & naringen - 44% [22 mg]) | 50 mg | † |
| SUMA® Root (Pfaffia paniculata) | 50 mg | † |
| Damiana (whole herb) | 50 mg | † |
| Dong Quai Root | 50 mg | † |
| Inositol | 25 mg | † |
| Rutin (from *Saphora japonica* leaf) | 25 mg | † |
| Amylase (from brown rice fermentation) (750 units) | 25 mg | † |
| Lipase (from brown rice fermentation) (125 units) | 25 mg | † |
| Black Currant Seed | 25 mg | † |
| Buchu (*Barosma* spp. leaf) | 25 mg | † |
| Protease (from brown rice fermentation) (1500 units) | 15 mg | † |
| PABA (para-aminobenzoic acid) | 10 mg | † |
| Choline (as bitartrate) | 11 mg | † |

## New For You!




**SKINNY MINI" Double Chocolate Fudge Crunch Shake** A breakthrough weight-loss product that delivers energizing, diet-enhancing nutrition while satisfying dieters deepest cravings for rich, decadent chocolate taste.



**Ultra Rx-Joint® Liquid** Newly improved Ultra Rx-Joint Liquid. Enhanced absorption; rare earth trace elements, for even greater joint support; and an incredibly delicious, all-natural, honey-lemon flavor! 8-Ounce Travel Size provides a whole new dimension of freedom and convenience.

| **Other Ingredients:** |
| --- |
| Di-calcium phosphate, microcrystalline cellulose, stearic acid, silica, magnesium stearate, pharmaceutical glaze, Mineral aminoates are whole brown rice chelates. |

| * Percent of Daily Value based on a 2,000 calorie diet. |
| --- |
| † Daily Value (DV) not established. |

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Nutrient Enhancer

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