Doctor's Choice for 45-Plus Women™

(Iron-Free)

Vitamins, minerals, and herbs for daily energy and essential nutrition†

Dietary Supplement

Product Numbers: 00080

Product Quantities: 180 Tablets

Osteoporosis affects middle aged and older persons. A lifetime of regular exercise and a healthy diet that includes calcium builds and maintains good bone health and may reduce the risk of osteoporosis later in life. Daily intakes above 2,000 mg are not likely to provide any additional benefit to bone health.

This formula includes antioxidants, lutein, and non-GMO soy for menopausal and postmenopausal women.

Product Nutrient Categories: Amino Acid | Fatty Acid | Herbal | Mineral | Vitamin

Recommendations: Six tablets daily. Can be taken as two tablets with each meal.



Serving Size: 6 Tablets	**Amount/Serving**	**%DV**
Vitamin A (75% as beta carotene and as retinyl acetate)	10,000 IU	200 %
Vitamin C (ascorbic acid)	300 mg	500 %
Vitamin D (as cholecalciferol)	400 IU	100 %
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU	667 %
Vitamin K (as phytonadione)	120 mcg	150 %
Thiamin (as thiamin HCl) (vitamin B1)	60 mg	4,000 %
Riboflavin (vitamin B_2)	60 mg	3,529 %
Niacin (as niacinamide and niacin)	90 mg	450 %
Vitamin B_6 (as pyridoxine HCl)	60 mg	3,000 %
Folic Acid	800 mcg	200 %
Vitamin B_{12} (as cyanocobalamin)	800 mcg	13,333 %
Biotin	600 mcg	200 %
Pantothenic Acid (as calcium D-pantothenate)	50 mg	500 %

Calcium (as tricalcium phosphate, calcium carbonate, and calcium citrate)	800 mg	80 %
Phosphorus (from tricalcium phosphate)	180 mg	18 %
Iodine (as potassium iodide)	450 mcg	300 %
Magnesium (as magnesium aspartate and magnesium oxide)	300 mg	75 %
Zinc (as zinc gluconate)	15 mg	100 %
Selenium (as L-selenomethionine)	200 mcg	286 %
Copper (as copper gluconate)	2 mg	100 %
Manganese (as manganese citrate)	2 mg	100 %
Chromium (as chromium picolinate)	200 mcg	167 %
Molybdenum (as sodium molybdate)	75 mcg	100 %
Sodium	15 mg	<1 %
Potassium (as potassium aspartate)	100 mg	3 %
Choline Bitartrate	215 mg	*
Ginger (Zingiber officinale) Rhizome Extract	60 mg	*
Black Tea (Camellia sinensis) Leaf Extract 5:1	50 mg	*
Sweet Cherry (Prunus avium) Fruit Extract 10:1	50 mg	*
Green Tea (Camellia sinensis) leaf extract 3:1	30 mg	*
Inositol	30 mg	*
Soy (Glycine max)	30 mg	*
Cranberry (Vaccinium macrocarpon) Fruit Extract standardized to contain 30% organic acids (quinic, malic, and citric acid)	25 mg	*
Betaine HCl	25 mg	*
Grape (Vitis vinifera) Seed Extract 4:1	20 mg	*
Bromelain (2,400 G.D.U./g)	5 mg	*
Papain	15 mg	*
Bilberry (Vaccinium myrtillus) Fruit Extract 4:1	10 mg	*
Pepsin (acid-stable protease)	5 mg	*
Lipase	5 mg	*
Boron (as sodium borate)	3 mg	*
Lutein (from Calendula officinalis)	1.5 mg	*
Silicon (as magnesium trisilicate)	1 mg	*
Vanadium (as vanadyl sulfate)	100 mcg	*

Zeaxanthin (from Calendula officinalis)	75 mcg	*

*Daily Value (DV) not established.

Other Ingredients: cellulose, modified cellulose, modified cellulose gum, magnesium stearate, titanium dioxide color, lecithin, and carnauba wax.

Contains No: sugar, yeast, wheat, gluten, corn, dairy products, artificial flavoring and preservatives. All colors used are from natural sources.

Notes: If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

† **This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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