



Female Multiple Tablets

Advanced Phytonutrient Multiple Vitamin, Mineral and Herbal Formula For Women

SUGAR AND STARCH FREE

DAILY REGIMEN

Supplement Facts
Serving Size
Servings Per Container: 20

	Amount Per 3 Tablets	% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Dietary Fiber	2 g	8%*
Protein	1 g	2%*
Vitamin A (as natural beta carotene)	15000 IU	300%
Vitamin C (as L-ascorbic acid, niacinamide ascorbate)	400 mg	667%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopheryl succinate)	400 IU	1333%
Vitamin K (as phytonadione)	20 mcg	25%
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide, niacin)	60 mg	300%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B12 (as cobalamin)	200 mcg	3333%
Biotin (as D-biotin)	300 mcg	100%
Pantothenic Acid (as D-Ca pantothenate)	80 mg	800%
Calcium (as calcium carbonate, glycinate†, citrate†)	400 mg	40%
Iron (as iron bisglycinate††)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate†, citrate†)	400 mg	100%

Zinc (as zinc glycinate†, histidinate†)	30 mg	200%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as copper glycinate†)	1.5 mg	75%
Manganese (as manganese glycinate†)	2 mg	100%
Chromium (as chromium nicotinoglycinate†)	200 mcg	167%
Molybdenum (as molybdenum glycinate†)	50 mcg	67%
Sodium***	25 mg	1%
Potassium (as potassium glycinate complex)	99 mg	3%
Citrus Bioflavonoids	100 mg	**
Choline (as choline bitartrate)	100 mg	**
Inositol	100 mg	**
Pantethine	7 mg	**
Cocarboxylase	6 mg	**
Pyridoxal-5-Phosphate	6 mg	**
Riboflavin-5-Phosphate	6 mg	**
Boron (as boron glycinate complex)	500 mcg	**
Dong Quai Extract (4:1) (root) (Angelica sinensis)	25 mg	**
Uva Ursi Extract (4:1) (leaf) (Arcostaphylos uva ursi)	25 mg	**
Chaste Extract (4:1) (berry) (Vitex agnus-castus)	25 mg	**
Standardized American Ginseng Extract (root) (Panax quinquefolium) (ginsenosides 3 mg [10%])	25 mg	**
Milk Thistle Extract (4:1) (aerial) (Silybum marianum)	25 mg	**
Black Cohosh Extract (4:1) (root) (Cimicifuga racemosa)	25 mg	**
Standardized Soy Isoflavone Extract (seed)†††	25 mg	**
Carotenoid Mix (alpha carotene, lutein, zeaxanthin, cryptoxanthin)	172 mcg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Titanium Dioxide, Vegetable Stearic Acid, Red Beet Powder, Silica, Vegetable Glycerin, Vegetable Magnesium Stearate, Carnauba Wax.

† Fully reacted chelates, Albion process patent No's 4,599,152 and 5,292,729 Chelazomes.

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No. 4,599,152.

††† Not Genetically Modified, Soy From Nature.™

*** Naturally occurring; therefore amount may vary.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's Female Multiple Tablets are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

Serverings per container information is based on the 60 tablet container.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1063,1205

Available in Bottles of: 60,120

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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