Dr. Murray Women's MultiStart Formula

Code 1580 (90 Tablets)

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Women's MultiStart™ is the perfect foundation multiple containing a complete spectrum of nutrients, herbs and antioxidants in the ideal ratio and dosage.* The six-tablet dosage of MultiStart™ reduces the need for supplemental pills such as calcium, and ensures that correct and balanced levels of important nutrients, herbs and antioxidants are delivered to the body, specific to the nutritional needs of women.*

Also available:
180 Tablets - 1581

Suggested Usage:
6 tablets per day or as directed by a health professional. Keep out of reach of children. Contains no artificial color or sweeteners; no dairy.

Supplement Facts

Serving Size 6 Tablets

	Amount per Serving	% Daily Value
Protein	<1 g	1%**
Vitamin A (beta carotene and Vitamin A-palmitate)	10,000 iu	150%
Vitamin C (as ascorbic acid)	600 mg	1,000%
Vitamin D (as cholecalciferol)	400 iu	100%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 iu	670%
Vitamin K (as phytonadione)	60 mcg	80%
Thiamine (as thiamine hydrochloride)	60 mg	4,000%
Riboflavin	30 mg	1,760%
Niacin (as niacine and niacinamider)	60 mg	300%
Vitamin B6 (as pyridoxine hydrochloride)	60 mg	3,000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	800 mcg	13,330%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium pantothenate)	100 mg	1,000%
Calcium (as calcium carbonate and calcium citrate)	1,000 mg	100%
Iron (from ferrous fumarate)	18 mg	100%
Iodine (from kelp)	300 mcg	200%
Magnesium (as magnesium oxide and magnesium citrate)	300 mg	80%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as selenium chelate)	100 mcg	140%
Copper (as copper gluconate)	1.5 mg	80%
Manganese (as manganese citrate)	15 mg	750%
Chromium (as chromium picolinate)	200 mcg	170%
Molybdenum (as molybdenum citrate)	25 mcg	35%
Choline (as Choline Bitartrate)	40 mg	†
Boron (as boron citrate)	1 mg	†
Silicon (from horsetail)	1 mg	†
Vanadium (as vanadium citrate)	80 mcg	†
Inositol	100 mg	†
Ginger, powdered extract 4:1 (root)	100 mg	†
Green Tea Phytosome™	100 mg	†
Alfalfa Juice, powdered extract 8:1 (leaf)	50 mg	†
Spirulina algae (Spirulina platensis), powdered	50 mg	†
Wheat Grass Juice (Triticum aestivum), powdered extract (leaf)	50 mg	†
Citrus Bioflavonoids	100 mg	†
Lutein	1 mg	†

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate (vegetable grade), vegetable oil.