WHOLE EARTH & SEA®

Women's Multivitamin & Mineral



Our Women's formula provides the full range of nutrients needed to support the demands that younger women face, regardless of their lifestyle – from sedentary to very active.*

- Sustainably Sourced
- Whole Food Source
- Non-GMO
- No Gluten
- No Soy Proteins Detected
- No Corn

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About Women's Multivitamin & Mineral

Our Women's bioenergetic formula contains meaningful levels of more than 20 vitamins and minerals, including iron, along with a wide array of enzymes, antioxidants and polyphenols from our Farm Fresh Factors™ and other whole food ingredients.

It is made from the highest quality organic ingredients and contains vitamins, minerals and other nutrients to energize and support the various health needs of younger women.* It does not contain gluten or corn, and no soy proteins are detected. This product is completely suitable for vegans.

Suggested Use

Suggested Usage: 2 tablets per day or as directed by a health professional.

Cautions: For adult use only. Consult with a health professional prior to use if you are taking blood thinners. Do not use if you are pregnant or breastfeeding. Keep out of the reach of children.

Nutrition Information

Each 2 tablet serving contains:

Farm Fresh Factors™ Ingredients

Our Farm Fresh Factors™ starts with 200 grams of fresh raw plants, processed using our EnviroSimplex® method to retain and intensify the total goodness of whole food into rich living food:

Active Vegetables – organic kale (leaf), organic alfalfa (aerial), organic cilantro (leaf), organic parsley (aerial), caper (berry), organic artichoke (leaf), organic black radish (root), barley grass,

Supplement Facts

Serving Size 2 Pure Food Maximizer™ Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A† (natural beta-carotene from algae) *(Dunaliella salina)* (whole)	10,000 IU	200%
Vitamin C† (organic amla, mixed ascorbates) *(Phyllanthus emblica)* (fruit)	90 mg	150%
Vitamin D3 (cholecalciferol, lichen) (whole)	1000 IU	250%
Vitamin E (d-alpha-tocopherol from sunflower seed oil)	30 IU	100%
Vitamin K2 (Menaquinone-7) (MK-7) (natto bean)	80 mcg	100%
Thiamin† (benfotiamine) (lipid-soluble form of vitamin B1)	3.2 mg	213%
Riboflavin† (riboflavin-5'-phosphate)	2.5 mg	147%
Niacin† (inositol hexanicotinate)	25 mg	125%
Vitamin B6† (pyridoxal-5'-phosphate)	2.5 mg	125%
Folate† (folate & folic acid)	800 mcg	200%
Vitamin B12† (methylcobalamin)	400 mcg	6,667%
Pantothenic Acid† (pantethine)	10 mg	100%
Calcium† (organic algae, calcium ascorbate) *(Mesophyllum superpositum)* (whole)	50 mg	5%
Iron† (ferrous bisglycinate chelate)	20 mg	111%
Iodine† (kelp) *(Ascophyllum nodosum)* (whole)	150 mcg	100%
Magnesium† (citrate, malate, succinate, glycinate, aspartate, ascorbate)	25 mg	6%
Zinc† (picolinate)	15 mg	100%
Selenium† (sprouted garlic, selenomethionine) *(Allium sativum)* (bulb)	100 mcg	143%
Copper† (glycinate)	1 mg	50%
Manganese† (citrate, ascorbate)	2.5 mg	125%
Chromium† (picolinate)	400 mcg	333%
Lutein† *(Tagetes erecta)* (marigold flower)	2 mg	**
Lycopene† *(Lycopersicum esculentum)* (tomato fruit)	2 mg	**
Boron† (citrate)	1.5 mg	**
Natural Mixed Carotenoids† (alpha-carotene, cryptoxanthin, zeaxanthin & lutein from algae) *(Dunaliella salina)* (whole)	350 mcg	**

†Nutrients are part of Farm Fresh Factors™

Our Farm Fresh Factors™ starts with 200 grams of fresh raw plants, processed using our EnviroSimplex® method to retain and intensify the total goodness of whole food into rich living food: **Active Vegetables** – organic kale (leaf), organic alfalfa (aerial), organic cilantro (leaf), organic parsley (aerial), caper (berry), organic artichoke (leaf), organic black radish (root), barley grass, cayenne pepper (leaf), organic celery (seed), organic beet (root), organic tomato; **Cruciferous Vegetables** – wasabi (rhizome) and fresh freeze-dried sprouted broccoli (aerial), organic upland cress (leaf), daikon (root), red radish (root), organic cauliflower (aerial), organic cabbage (leaf), organic arugula (leaf), organic watercress (leaf), sprouted garlic (bulb); **Whole Fruit Ultra Polyphenols** – grape, pomegranate, strawberry, organic cranberry, organic blueberry, raspberry, bilberry, organic Indian gooseberry *(Phyllanthus emblica)*, schizandra berry, red orange, organic açai berry; **Herbals and Plants** – Theracurmin® *(Curcuma longa)* (root), organic decaffeinated green tea (leaf), organic milk thistle (seed), organic ginger (rhizome), organic echinacea (aerial), marigold flower, organic dandelion (root), organic oregano (aerial), organic peppermint (aerial), organic spearmint (aerial); **Whole Plant Sea Vegetables** – organic spirulina, organic chlorella, red algae, blue green algae, *Dunaliella salina*, kelp.

** Daily Value not established.

cayenne pepper (leaf), organic celery (seed), organic beet (root), organic tomato

Cruciferous Vegetables – wasabi (rhizome) and fresh freeze-dried sprouted broccoli (aerial), organic upland cress (leaf), daikon (root), red radish (root), organic cauliflower (aerial), organic cabbage (leaf), organic arugula (leaf), organic watercress (leaf), sprouted garlic (bulb)

Whole Fruit Ultra Polyphenols – grape, pomegranate, strawberry, organic cranberry, organic blueberry, raspberry, bilberry, organic Indian gooseberry (*Phyllanthus emblica*), schizandra berry, red orange, organic açai berry

Herbals and Plants – Theracurmin® (*Curcuma longa*) (root), organic decaffeinated green tea (leaf), organic milk thistle (seed), organic ginger (rhizome), organic echinacea (aerial), marigold flower, organic dandelion (root), organic oregano (aerial), organic peppermint (aerial), organic spearmint (aerial)

Whole Plant Sea Vegetables – organic spirulina, organic chlorella, red algae, blue green algae, *Dunaliella salina*, kelp

Other ingredients – Plant cellulose, silica, vegetable lubricant (palm), chlorophyll.

Q How do Whole Earth & Sea formulas compare to other whole-food supplements?

A Several companies market versions of what they refer to as "whole-food" vitamins. Most of the nutrients in supplements marketed as whole-food are produced by mixing (USP) vitamins and minerals with *Saccharomyces cerevisiae* (baker's yeast), sugar or molasses in a big tank. After some amount of time has passed (usually 12 – 24 hours), the yeast is harvested and the material is dried off. By contrast, Whole Earth & Sea uses our proprietary EnviroSimplex® technology to infuse each supplement with the concentrated goodness of raw nutrition.

Q What is the EnviroSimplex® technology?

A The EnviroSimplex technology liquefies and mixes all raw materials in a special chamber where the bio-activation process occurs, allowing enzymes, probiotics and prebiotics to help culture the ingredients. Then it deploys gentle agitation and low heat under high vacuum to extract moisture, preserve the active ingredients, shorten drying times, and protect sensitive phytonutrients. We ensure the processing temperature always stays below 118°F (48°C).

Phytonutrients (also referred to as phytochemicals) are natural compounds found in plant-based whole foods that give plants their rich pigment, as well as their distinctive taste and smell. Research suggests that nutrients from whole, raw food may have a valuable holistic effect that allows key vitamins and minerals to work more effectively. The EnviroSimplex method retains and intensifies

Still have a question? Just ask!

First Name

Last Name

Email Address

Your Question

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the total goodness of whole food into rich living food.



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