



Ladies' Multi

Ladies' Multi is the only woman's high potency full spectrum multiple vitamin mineral supplement to contain 56 nutrients including those most important for today's woman such as calcium (for bone health), iron (for healthy red blood cells), beta-carotene, biotin (for nail and hair health), gamma linolenic acid from evening primrose oil, octacosanol, grape seed extract (a potent antioxidant important for maintaining capillary strength) and vegetarian digestive enzymes.*

Ladies' Multi is specifically designed to include nutrients vital to women's unique needs.*

- **Calcium:** Studies indicate that 80% of all American women are deficient in calcium. **Ladies' Multi** contains 100% of the RDA for Calcium.
- **Beta carotene:** The FDA has made the following recommendation: "Women of childbearing age are advised to choose fortified foods that contain Vitamin A in the form of beta-carotene rather than preformed Vitamin A, whenever possible." **Ladies' Multi** follows that recommendation by providing 15,000 IU of beta-carotene.*
- **L-Cysteine, L-Glutamine and DL-Methionine** are amino acids that are necessary for increased mental energy. They are in the pure crystalline form for immediate assimilation by the body.*
- **Gamma Linolenic Acid** is an essential fatty acid that is necessary for the production of hormone-like substances in the body known as prostaglandins, in particular prostaglandins from the E1 Series or PGE1. Aging, stress, PMS and obesity have all been associated with low levels of PGE1 in the body.*
- **Octacosanol** supports endurance, stamina and strength.*
- **Grape Seed Extract** is a rich source of a group of water-soluble bioflavonoids known as proanthocyanidins (PCOs). Grape Seed Extract is guaranteed to yield 95% PCOs.* PCOs are potent antioxidants and have also been shown to strengthen capillaries.* Bruising, varicose veins and abnormal menstrual bleeding are associated with weak capillaries.
- **Vegetarian Digestive Enzymes:** A proprietary blend of vegetarian digestive enzymes that aid the body in digesting and absorbing food nutrients.*

Supplement Facts

Serving Size: 2 Tablets

Amount Per Serving

Vitamin A (100% Beta Carotene)	7,500 IU
Vitamin C (as Ascorbic Acid and Ca Ascorbate)	500 mg
Vitamin D3 (as Cholecalciferol)	200 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU
Vitamin K1 (Phytonadione)	2.5 mcg
Thiamin	35 mg
Riboflavin	35 mg
Niacin (as Niacinamide & Niacin)	35 mg
Vitamin B6	
(as Pyridoxine HCl and Pyridoxal 5-Phosphate)	35 mg
Folic Acid	250 mcg
Vitamin B12 (as Methylcobalamin)	35 mcg
Biotin	300 mcg
Pantothenic Acid (as Ca Pantothenate)	35 mg
Calcium (as Ca Carbonate and Ca Citrate)	500 mg
Iron (as Fe Aspartate, Fe Glycinate & Fe Fumarate)	9 mg
Iodine (from kelp)	35 mcg
Magnesium (as Mg Carbonate)	180 mg
Zinc (as Zn Gluconate)	10 mg

Selenium (as Se AAC & Selenomethionine)	25 mcg
Copper (as Cu AAC)	0.025 mg
Manganese (as Mn Gluconate)	2.5 mg
Chromium (as Cr Polynicotinate) [†]	25 mcg
Molybdenum (as Mo AAC)	25 mcg
Potassium (as K Citrate)	25 mg
Boron (as B AAC)	0.5 mg
Nickel (as Ni Sulfate)	0.25 mcg
Silicon (from Horsetail Rush)	3 mg
Vanadium (as Vanadyl Sulfate)	10 mcg
Choline (as Choline Citrate & Bitartrate)	35 mg
Inositol	35 mg
PABA (Para-aminobenzoic acid)	35 mg
L-Cysteine (Enteric Coated)	50 mg
L-Glutamine	50 mg
DL-Methionine (Enteric Coated)	50 mg
L-Aspartic Acid	75 mg
Octacosanol (from sugar cane)	500 mcg
Soy Lecithin	50 mg
Grape Seed Extract	10 mg
Gamma Linolenic Acid (from primrose oil)	5 mg
RNA (ribonucleic acid)	5 mg
Mixed Citrus Bioflavonoids	100 mg
Hesperidin	12.5 mg
Rutin	12.5 mg
Pectin	12.5 mg
Betaine Hydrochloride	10 mg
Bromelain	2 mg
Papain	2 mg
Cellulase Enzymes	2 mg
A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase	8 mg

[†]ChromeMate® brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, calcium stearate, silicon dioxide, pharmaceutical glaze.

Contains: Soy.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

ChromeMate® is a Registered Trademark of InterHealth N.I.

CHROMEMATE®

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