

## Women's Essentials

### Supplement Facts

Serving Size 1 Pack

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	2%+
Saturated Fat	0 g	0%+
Trans Fat	0 g	0%+
Sodium	5 mg	<1%
Vitamin A (as Beta Carotene)	150 mcg	17%
Vitamin C (as Calcium Ascorbate)	15 mg	17%
Vitamin D3 (Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-Alpha Tocopherol)	4 mg	27%
Vitamin B6 (as Pyridoxal-5-Phosphate)	1.3 mg	76%
Folate (as L-5-Methyltetrahydrofolate, Calcium Salt)	400 mcg DFE (240 mcg methylfolate)	100%
Vitamin B12 (as Methylcobalamin)	2.4 mcg	100%
Choline (as Choline Bitartrate)	110 mg	20%
Calcium (from Calcareous Marine Algae) ( <i>Lithothamnion sp.</i> ) whole plant	150 mg	12%
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel®)†	6 mg	33%
Magnesium (as Magnesium Hydroxide from seawater)	75 mg	18%
Potassium (as Potassium Citrate)	75 mg	2%
Probiotic Blend ( <i>Bifidobacterium lactis</i> BB-12, <i>Lactobacillus rhamnosus</i> GG, <i>Lactobacillus acidophilus</i> LA-5)	8 billion CFUs	*
Total Omega-3s	800 mg	*
Eicosapentaenoic Acid (EPA)	500 mg	
Docosahexaenoic Acid (DHA)	250 mg	
Other Omega-3s	50 mg	
Silica (from Bamboo extract, <i>Bambusa vulgaris</i> ) stem and leaf	20 mg	*
Boron (as Rice Protein Chelate)	2 mg	*
Mixed Tocopherols (d-Beta, d-Gamma, d-Delta tocopherol)	1 mg	*
Vitamin K2 (as Menaquinone-7 from natto)	45 mcg	*

†Percent Daily Values are based on a 2,000 calorie diet.

\*Daily Value not established.

**Other Ingredients:** Softgel (Gelatin [Bovine], Glycerin), Maltodextrin, Cellulose, Capsule (Hypromellose, Titanium Dioxide (color)), Microcrystalline Cellulose, Acacia, Cocoa, Silica, Guar Gum, Rice Extract Blend (Rice Extract, Rice Hulls, Acacia, Sunflower Oil), Mixed Tocopherols (to preserve freshness), Film Coating (Hypromellose, Glycerin), Magnesium Stearate.

**Contains:** Fish (Anchovy, Mackerel, Sardine) in Omega-3 Fish Oil

**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.

Probiotic Blend Made in Denmark.

† Ferrochel® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 7,838,042.

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