

# WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS *for Women*

CONVENIENT INDIVIDUAL A.M. & P.M. DAILY PACKS

**SUGGESTED USE:** Adults, as a dietary supplement, take contents of two (2) packets daily with food. Alternatively, take contents of one (1) packet with breakfast and one (1) packet with dinner.

## Supplement Facts

Serving Size: 8 Tablets  
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	15		Dr. Mercola's Blend for Women's Health	1,142 mg	**
Total Carbohydrate	3 g	1%*	[Cranberry (Fruit), Red Clover (Tops), D-Mannose, Blueberry (Fruit), Broccoli (Whole Plant), Cauliflower (Whole Plant), Garlic (Bulb) Extract, Beet (Root) Extract, Diindolylmethane, Evening Primrose Oil, Shatavari ( <i>Asparagus racemosus</i> ) (Root) Extract, Grape Skin Extract]		
Vitamin A (as Beta Carotene)	1,500 mcg	167%	L-Cysteine and N-Acetyl L-Cysteine	150 mg	**
Vitamin C (from Niacinamide Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	566%	Betaine (from Betaine HCl)	114 mg	**
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Chlorella ( <i>Chlorella vulgaris</i> )	100 mg	**
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%	Inositol	100 mg	**
Thiamin (Vitamin B1) (as Thiamin HCl)	3 mg	250%	Lemon Bioflavonoid Complex	100 mg	**
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Papain	100 mg	**
Niacin (as Niacinamide Ascorbate)	40 mg	250%	Rose Hips	100 mg	**
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg	235%	Silica	100 mg	**
Folate	1,335 mcg DFE	334%	Spirulina ( <i>Arthrospira platensis</i> )	100 mg	**
[800 mcg Folic Acid equivalent (from (6S)-5-Methyltetrahydrofolic Acid, Calcium Salt)]			Apple Pectin	50 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%	Bromelain	50 mg	**
Biotin	900 mcg	3000%	Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins)	50 mg	**
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%	PABA (Para-Aminobenzoic Acid)	50 mg	**
Choline (from Choline Bitartrate and Dihydrogen Citrate)	140 mg	25%	Hesperidin	35 mg	**
Calcium (from Calcium Citrate-Malate and Ascorbate)	250 mg	19%	Rutin	25 mg	**
Iodine (from Kelp)	200 mcg	133%	Glutamic Acid	20 mg	**
Magnesium (from Magnesium Amino Acid Chelate Complex and Ascorbate)	500 mg	119%	Lutein [from Marigold ( <i>Tagetes erecta</i> ) (Flower)]	6 mg	**
Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Lycopene [from Tomato (Fruit)]	6 mg	**
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	364%	Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Zeaxanthin [from Marigold ( <i>Tagetes erecta</i> ) (Flower)]	1 mg	**
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Strontium (from Strontium Citrate)	297 mcg	**
Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Trace Elements (from Red Seaweed)	100 mcg	**
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	222%	Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**
Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)	100 mg	2%			

**OTHER INGREDIENTS:** Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF PACKETS ARE TORN OR DAMAGED.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**



## WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

- Convenient side by side individually wrapped packets for AM and PM dosing
- Contains whole food concentrates and a variety of essential vitamins, minerals, carotenoids, bioflavonoids, amino acids, enzymes, vegetables, fruits, and herbs
- Optimized formula for women's health with a special botanical blend<sup>†</sup>
- Includes essential minerals in high absorption, chelated form<sup>†</sup>
- Packet film is made from biodegradable, compostable cellulose
- Perfect for travel!

<sup>†</sup>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.

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

# DR. MERCOLA<sup>®</sup>

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PLUS VITAL MINERALS

*for Women*

CONVENIENT INDIVIDUAL  
A.M. & P.M. DAILY PACKS

Dietary Supplement  
30 Dual Packs • 240 Tablets



"I am passionate about formulating my products using a holistic approach for optimal health and wellness."

**-Dr. Joseph Mercola**



• **Premium Products** – Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.

• **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

