

SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

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

Dr. Mercola has been providing quality products since 2001.

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

DR. MERCOLA®

WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

for Women

Dietary Supplement

240 Tablets



Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin A (as Beta Carotene)	1,500 mcg	167%
Vitamin C (from Niacinamide Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	556%
Vitamin D ₃ (as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%
Thiamin (Vitamin B ₁) (as Thiamin HCl)	3 mg	250%
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate)	3.4 mg	262%
Niacin (as Niacinamide Ascorbate)	40 mg	250%
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	4 mg	235%
Folate [from (6S)-5-Methyltetrahydrofolic Acid (Calcium Salt)]	1335 mcg DFE (Folic Acid equivalent) 800 mcg	334%
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	4167%
Biotin	900 mcg	3000%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%
Choline (from Choline Bitartrate and Dihydrogen Citrate)	140 mg	25%
Calcium (from Calcium Citrate-Malate and Ascorbate)	250 mg	19%
Iodine (from Kelp)	200 mcg	133%
Magnesium (from Magnesium Amino Acid Chelate Complex and Ascorbate)	500 mg	119%
Zinc (from Zinc Amino Acid Chelate)	15 mg	136%
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	364%
Copper (from Copper Amino Acid Chelate)	0.05 mg	6%
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%
Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	222%
Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)	100 mg	2%

	Amount Per Serving	%DV
Dr. Mercola's Blend for Women's Health [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 Extract (<i>Asparagus racemosus</i>) (Root), Grape Skin Extract]	1142 mg	**
L-Cysteine and N-Acetyl L-Cysteine	150 mg	**
Betaine (from Betaine HCl)	114 mg	**
Chlorella (<i>Chlorella vulgaris</i>)	100 mg	**
Inositol	100 mg	**
Lemon Bioflavonoid Complex	100 mg	**
Papain	100 mg	**
Rose Hips	100 mg	**
Silica	100 mg	**
Spirulina (<i>Arthrospira platensis</i>)	100 mg	**
Apple Pectin	50 mg	**
Bromelain	50 mg	**
Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins)	50 mg	**
PABA (Para-Aminobenzoic Acid)	50 mg	**
Hesperidin	35 mg	**
Rutin	25 mg	**
Glutamic Acid	20 mg	**
Lutein (from Marigold (<i>Tagetes erecta</i>) (Flower))	6 mg	**
Lycopene (from Tomato (Fruit))	6 mg	**
Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
Zeaxanthin (from Marigold (<i>Tagetes erecta</i>) (Flower))	1 mg	**
Strontium (from Strontium Citrate)	297 mcg	**
Trace Elements (from Red Seaweed)	100 mcg	**
Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**

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

**Daily Value (DV) not established.

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

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