

# Women's Complete Supplement Facts

Serving Size: 1 Well (0.79 g)  
Servings Per Container: 31

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (Vitamin A Palmitate)	2500 IU	50%	Biotin (D-Biotin)	300 mcg	100%
Vitamin C (Ascorbic Acid)	100 mg	167%	Pantothenic Acid (D-Calcium Pantothenate)	10 mg	100%
Vitamin D (Cholecalciferol)	2000 IU	500%	Iodine (Potassium Iodide)	150 mcg	100%
Vitamin E (d-alpha-Tocopherol Acid Succinate)	30 IU	100%	Magnesium (Magnesium Lactate)	20 mg	5%
Vitamin K (Phylloquinone)	200 mcg	250%	Selenium (Selenomethionine)	20 mcg	29%
Vitamin B1 (Thiamine HCl)	1.5 mg	100%	Manganese (Manganese Amino Acid Chelate)	2 mg	100%
Vitamin B2 (Riboflavin-5-Phosphate)	1.7 mg	100%	Chromium (Chromium Polynicotinate)	120 mcg	100%
Niacin (Niacinamide)	10 mg	50%	Molybdenum (Sodium Molybdate)	37 mcg	49%
Vitamin B6 (Pyridoxal-5-Phosphate)	2 mg	100%	Lutein (FloraGLO®)	500 mcg	†
Folate (L-Methylfolate) (Metafolin®)	800 mcg	200%	Zeaxanthin (OPTISHARP®)	130 mcg	†
Vitamin B12 (Methylcobalamin)	100 mcg	1667%	† Daily Value (DV) not established.		

**Other Ingredients:** Natural Flavor (Orange), Citric Acid, and Organic Stevia Extract.  
**Contains: Soy**

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FloraGLO® is a registered trademark of Kemin Industries, Inc.  
Metafolin® is a registered trademark of Merck KGaA.

