

Solgar's Female Multiple Tablets are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59-86°F (15-30°C). Store away from heat, light and moisture.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

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.

† Fully reacted chelates. Abion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Abion process patent No.'s 5,516,925 and 6,716,814.

††† Not Genetically Modified, Soy From Nature.™

*** Naturally occurring; therefore amount may vary.

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

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FORMULATED FOR WOMEN

Since **SOLGAR®** 1947

FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

60 TABLETS
SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size 3 tablets
Servings Per Container 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....15		Manganese.....2 mg.....100%	
Total Carbohydrate.....3 g.....1%*		(as manganese glycinate†)	
Dietary Fiber.....2 g.....8%		Chromium.....50 mcg.....167%	
Protein.....15 g.....30%		(as chromium nicotinate†)	
Vitamin A.....15,000 IU.....300%		Molybdenum.....50 mcg.....67%	
(as natural beta-carotene)		(as molybdenum glycinate†)	
Vitamin C.....400 mg.....667%		Sodium***.....25 mg.....1%	
(as L-ascorbic acid, racemate (ascorbate))		(as sodium chloride)	
Vitamin D.....400 IU.....100%		(as potassium glycinate complex)	
(as vitamin D ₃)		Citrus Bioflavonoids.....100 mg.....	
Vitamin E.....400 IU.....1333%		(as hesperidin, quercetin, and naringin)	
(as D-alpha-tocopheryl succinate)		Choline.....100 mg.....	
Vitamin K.....20 mcg.....25%		(as choline bitartrate)	
(as phytonadione)		Panethine.....7 mg.....	
Thiamin (mononitrate).....50 mg.....3333%		Coccarboxylase.....6 mg.....	
Riboflavin.....50 mg.....2941%		(as hydroxycobalamin)	
Niacin.....50 mg.....300%		Biotin.....6 mg.....	
(as nicotinic ascorbate, niacin)		Biotin-5-Phosphate.....6 mg.....	
Vitamin B6.....250 mcg.....2500%		Boron.....500 mcg.....	
(as pyridoxine HCl)		(as boron glycinate complex)	
Folic Acid.....200 mcg.....200%		Dong Quai Extract (4:1).....25 mg.....	
(as calcium folate)		(as Dong Quai root)	
Vitamin B12.....200 mcg.....3333%		Uva Ursi Extract (4:1).....25 mg.....	
(as cobalamin)		(leaf) (Aroclayphyls via us)	
Biotin D-Biotin.....300 mcg.....100%		Chaste Extract (4:1) (berry), 25 mg.....	
Paraaminobenzoic Acid.....80 mcg.....800%		(as tyrosine)	
(as D-Ca pantothenate)		Shatavari Extract (4:1).....25 mg.....	
Calcium.....400 mg.....40%		(as calcium carbonate)	
(as calcium carbonate, (as calcium citrate))		(as calcium citrate)	
Iron.....18 mg.....100%		(as iron bisglycinate††)	
(as iron bisglycinate††)		Iodine.....150 mcg.....100%	
(as potassium iodide)		(as potassium iodide)	
Magnesium.....400 mg.....100%		(as magnesium aspartate, glycinate††)	
(as magnesium oxide, glycinate††)		(as magnesium citrate)	
Zinc.....30 mg.....200%		(as zinc glycinate†)	
(as zinc glycinate†)		Selenium.....200 mcg.....286%	
(as zinc glycinate†)		(as selenium selenomethionine)	
Copper.....1.5 mg.....75%		(as copper glycinate†)	
(as copper glycinate†)			

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

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Titanium Dioxide, Red Beet Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, **SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

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