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FORMULATED FOR WOMEN

Since  1947

# FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT  
MULTIPLE VITAMIN, MINERAL  
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

120 TABLETS  
SUITABLE FOR VEGANS  
GLUTEN, WHEAT & DAIRY 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: 40

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A .....4,687 mcg.....521%		Copper .....1.5 mg.....167%	
(as natural beta-carotene)		(as copper glycinate chelate†)	
Vitamin C .....400 mg.....444%		Manganese .....2 mg.....87%	
(as L-ascorbic acid, niacinamide ascorbate)		(as manganese glycinate chelate†)	
Vitamin D .....10 mcg (400 IU).....50%		Chromium .....200 mcg.....571%	
(as ergocalciferol)		(as chromium nicotinate glycinate chelate†)	
Vitamin E .....268 mg ....1787%		Molybdenum.....50 mcg .....111%	
(as D-alpha-tocopheryl acid succinate)		(as molybdenum glycinate†)	
Vitamin K (as phytonadione).....20 mcg .....17%		Sodium .....5 mg.....<1%	
(as phytonadione)		Potassium .....99 mg.....2%	
Thiamin .....50 mg...4,167%		(as potassium amino acid complex†)	
(as thiamin mononitrate)			
Riboflavin .....50 mg...3,846%		Citrus Bioflavonoid Complex...100 mg.....*	
Niacin .....60 mg...375%		Inositol .....100 mg.....*	
(as niacinamide ascorbate, niacin)		Pantethine .....7 mg.....*	
Vitamin B6.....50 mg...2,941%		Co-carboxylase .....6 mg.....*	
(as pyridoxine HCl)		Pyridoxal-5'-Phosphate .....6 mg.....*	
Folate .....1,333 mcg DFE...333%		Riboflavin-5'-Phosphate .....6 mg.....*	
(800 mcg folic acid)		Boron.....500 mcg.....*	
Vitamin B12 .....200 mcg...8,333%		(as boron amino acid complex)	
(as cyanocobalamin)		Dong Quai Extract (4:1).....25 mg.....*	
Biotin (as D-biotin) .....300 mcg...1,000%		(root) (Angelica sinensis)	
Pantothenic Acid .....80 mg...1,600%		Uva-Ursi Extract (4:1).....25 mg.....*	
(as D-Ca pantothenate)		(leaf) (Arcostaphylos uva ursi)	
Choline .....100 mg .....18%		Chaste Extract (4:1) (berry)...25 mg.....*	
(as choline bitartrate)		(Vitex agnus-castus)	
Calcium .....400 mg.....31%		American Ginseng Extract...25 mg.....*	
(as calcium carbonate, glycinate chelate†, citrate)		(root) (Panax quinquefolius)	
Iron (as iron bisglycinate††) ...18 mg .....100%		(standardized to contain 2.5 mg ginsenosides [10%])	
Iodine .....150 mcg ....100%		Milk Thistle Extract (4:1).....25 mg.....*	
(as potassium iodide)		(seed) (Silybum marianum)	
Magnesium.....400 mg .....95%		Black Cohosh Extract (4:1) ...25 mg.....*	
(as magnesium oxide, citrate, glycinate chelate†)		(root) (Cimicifuga racemosa)	
Zinc .....30 mg .....273%		Soy Germ Extract††† .....25 mg.....*	
(as zinc glycinate chelate†, histidinate chelate†, oxide)		Mixed Carotenoids .....172 mcg.....*	
Selenium .....200 mcg.....364%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
(as L-selenomethionine)			

\*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Black Carrot Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide (color), Mannitol, Natural Palm Leaf Glaze, Maltodextrin. Contains soy.

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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