

NEW

# WOMEN'S WHOLEFOOD MULTI

## With Iron

### P445



VEGAN

VEGETARIAN

A plant-based multivitamin and mineral formula with iron providing excellent levels of all the important nutrients including antioxidants, beta carotene, Vitamins C, D3 and E and the bio-effective form of GTF chromium.

- This supplement offers a high level of daily protection and support and is ideally suited to teenagers, menstruating women, or those with low iron levels.
- Includes minerals hydroponically grown into a cruciferous vegetable providing a natural, plant-based source of minerals (with higher levels of minerals than would normally be present in the foods we eat).
- Excellent levels of all the important nutrients including antioxidants, beta carotene, vitamins C, D3, E and GTF chromium (this is a particularly bio-effective form of GTF chromium, which helps support blood glucose imbalances).
- The vegetable and fruit base contains carrot, spirulina, alfalfa, artichoke leaf, beetroot, acai berry, and acerola providing extra phytonutrients.
- Contains vitamin D3 (the bio-effective active form of vitamin D).
- The methylated forms of folic acid and vitamin B12 are included as well as the active form of vitamin B6 (P-5-P).

### Product Information:

## Women's Wholefood Multi

2 capsules provide on average:

Active Nutrient	Strength	%NRV+
Beta Carotene	3mg	*
Vitamin D3	40µg	800
Vitamin E	30mg	250
Vitamin C	200mg	250
Thiamin (B1)	20mg	1818
Riboflavin (B2)	20mg	1429
Niacin (B3)	16mg	100
Pantothenic acid (B5)	50mg	833
Vitamin B6 (as P-5-P)	10mg	714
Folic Acid (as 5-MTHF)	200µg	100
Vitamin B12 (as methylcobalamin)	110µg	4400
Biotin	14µg	28
Vitamin K2	60µg	80
Iron	10mg	71
Magnesium	30mg	8
Zinc	10mg	100
Iodine	150µg	100
Boron	0.5mg	*
Copper	1mg	100
Manganese	1mg	50
Selenium	150µg	273
Chromium	160µg	400
Molybdenum	20µg	40

+NRV = Nutrient Reference Value

\* Indicates no NRV

**Ingredients:** Hydroponically grown cruciferous vegetable powder providing: zinc (and as citrate), iron (and as ferrous fumarate), manganese, copper, selenium, chromium and molybdenum (and from sodium molybdate). Fruit & vegetable powder blend: carrot, spirulina, artichoke leaf, acai berry, acerola. Vitamin C (as ascorbic acid), magnesium (as citrate), vitamin K2 (MK-7) (microcrystalline cellulose), vitamin B5 (as calcium D-pantothenate), vitamin E (from succinate), iodine (from kelp extract 10:1), vitamin B1 (as thiamine HCl), vitamin B2 (as riboflavin), vitamin B3 (as nicotinamide), vitamin B6 (as pyridoxal-5-phosphate), beta carotene (from *Dunaliella salina*) (tocopherols, corn starch), vitamin D3 cholecalciferol (maltodextrin, corn starch, silicon dioxide, ascorbyl palmitate), vitamin B12 (as methylcobalamin), boron, folic acid (as 5-methyltetrahydrofolate), biotin, hydroxypropyl methylcellulose (capsule shell).

**Suggested Intake:** 1-2 capsules daily with food as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** None.

**Storage:** Keep cool, dry & out of direct sunlight.



60 capsules = 30-60 days supply

### Permitted Health Claims:

Please refer to pages 46-53

### Suitable for:

Teenagers, menstruating women, or those with low iron levels

### Form:

Capsule

