

# Women's Nutrients

## Multivitamin/mineral complex for women over 40

### INDICATIONS

- Women over 40
- Overall health and wellness<sup>†</sup>

### BENEFITS

- Provides antioxidant support<sup>†</sup>
- Support for breast health and hot flashes<sup>†</sup>
- Enhances the integrity of the macula and retina<sup>†</sup>
- Helps moderate occasional stress<sup>†</sup>
- Promotes healthy hair, skin and nails<sup>†</sup>
- Helps maintain healthy urinary tract ecology<sup>†</sup>
- Promotes healthy blood vessel function<sup>†</sup>

### FEATURES

- Activated vitamins and superior mineral chelates for optimal absorption
- Contains Metafolin<sup>®</sup>, the naturally occurring, universally metabolized form of folate
- Made with high-quality vegetarian ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Women's Nutrients is specifically formulated to meet the nutritional needs of women over 40, providing a complete range of vitamins, minerals and trace elements. It includes 200 mg calcium (as citrate), the highest elemental dose of all our multivitamins, together with vitamin D<sub>3</sub> and vitamin K<sub>1</sub> for healthy bones.<sup>1</sup> This formula provides antioxidant support with naturally derived vitamin C, vitamin E, beta carotene, lycopene, lutein, zeaxanthin and alpha lipoic acid. It also promotes healthy hair, skin and nails with 1,000 mcg biotin and supports breast cell health with HMRLignan<sup>™</sup>, calcium-D-glucarate, green tea and Curcumin C3 Complex<sup>®</sup>.<sup>2-5</sup> HMRLignan<sup>™</sup> provides support for hot flashes.<sup>6</sup> Polyphenols from pomegranate, red wine concentrate and grape seed extract maintain healthy blood vessel function.<sup>7,8</sup> Lutein and zeaxanthin, together with vitamin C, vitamin E and zinc, enhance the integrity of the macula and retina.<sup>9</sup> Cranberry and vitamin C maintain healthy urinary tract ecology.<sup>10</sup> This formula also helps moderate occasional stress with the adaptogenic properties of *Rhodiola rosea* and the calming properties of lemon balm.<sup>11,12<sup>†</sup></sup>

### SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.

### STORAGE

Store in a cool, dry place.

### WARNING

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

### SOURCE

- Mixed carotenoids: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)
- Vitamin E: soybean oil
- Vitamin K<sub>1</sub>: synthetic
- Vitamin B<sub>1</sub> (thiamine HCl): synthetic
- Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
- Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
- Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin<sup>®</sup>, L-5-MTHF): synthetic
- Biotin: synthetic
- Alpha lipoic acid: synthetic
- Minerals: naturally derived from limestone

Sources of the mineral chelates include:

- Citrate: corn dextrose fermentation
- Glycinate: synthetic

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### NOTES

Size 00 caps

Bottle count 180, 360

Order codes WN1, WN3

Bottle size 20 oz, 26 oz

### REFERENCES

1. Heaney RP, et al. *J Lab Clin Med.* 1978 Dec;92(6):953-63.
2. Hochman LG, et al. *Cutis.* 1993 Apr;51(4):303-5.
3. Thompson LU, et al. *Clin Cancer Res.* 2005 May 15;11(10):3828-35.
4. Oredipe OA, et al. *Toxicology.* 1992 Sep;74(2-3):209-22.
5. Hirose M, et al. *Cancer Lett.* 1994 Aug 15;83(1-2):149-56.
6. Udani JK, et al. *J Am Coll Nutr.* 2013 Dec; 32(6): 428-435.
7. Goyal R, et al. *Eur J Biomed Pharm Sci.* 3, 662-667 (2016).
8. Park E, et al. *Br J Nutr.* 2016 Jan;115(2):226-38.
9. Beatty S, et al. *Ophthalmology.* 2013 Mar;120(3):600-6.
10. Schmidt DR, et al. *Microbios.* 1988;55(224-225):173-81.
11. Cropley M, et al. *Phytother Res.* 2015 Dec;29(12):1934-9.
12. Kennedy DO, et al. *Psychosom Med.* 2004 Jul-Aug;66(4):607-13.

### SUPPLEMENT FACTS

**3 capsules, 1-2 times daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	1 mg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	200 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	50 mg
<b>MacularSynergy Complex<sup>†</sup></b>	
FloraGLO <sup>®</sup> lutein	3 mg
Zeaxanthin	500 mcg
<b>BreastHealth Plus<sup>†</sup></b>	
HMRlignan <sup>™</sup> (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg

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Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Calcium-D-glucarate	25 mg
<b>Cardio Polyphenol Complex†</b>	
Red wine ( <i>Vitis vinifera</i> ) concentrate (whole grape) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
<b>StressCalm Blend‡</b>	
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

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Curcumin C3 Complex® is a registered trademark and patented product  
of Sabinsa Corporation.

HMRlignan™ is a trademark of Linnea Inc.

This product contains calcium D-glucarate, the use of which is licensed  
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particularly blood thinning medication, consult your health professional before use.**



Women's Nutrients	Quantity	Order Code
	360	WN3
	180	WN1

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