

Women's Nutrients

Multivitamin/mineral complex for women

INDICATIONS

- For young women and adults

BENEFITS

- Provides essential vitamins, minerals and nutrients based on scientific recommendations for young women and adults
- Supports hormone, neurotransmitter, DNA, protein and energy production[†]
- Promotes optimal neural and cellular development[†]

FEATURES

- Formulated with the optimal chelated minerals, active vitamins and the right functional ingredients to support a modern lifestyle[†]
- With Metafolin® L-5-MTHF the naturally occurring, universally metabolized form of folate
- With 27 mg of iron to support the needs of young women and adults

VERIFIABLE SCIENCE

Women's Nutrients provides vitamins and minerals needed to support the needs of women of childbearing age, including women who are pregnant, may become pregnant or are lactating.^{1,2} It's best to consider using this formula along with EPA/DHA. This formula provides 1 mg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF) to support optimal neural and cellular development. Metafolin® is a naturally occurring, universally metabolized form of folate.³⁻⁵ The vitamin D included in our formula comes from an algae-derived vegan source. Women's Nutrients also includes vitamin K to support healthy carboxylation of proteins for blood-clotting and bone health.⁵ The iron (27 mg) in our formula promotes optimal iron status and supports cognitive function.^{7,8} Optimal iron status is also associated with athletic performance and mitochondrial function.^{9,10} Choline (100 mg) is included in our formula because it contributes to neurotransmitter production, DNA synthesis, protein metabolism, energy metabolism and fetal central nervous system development.¹¹

SUGGESTED USE

As a dietary supplement, take 2 capsules daily with a meal.

STORAGE

Store in a cool dry place.

WARNING

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.

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.

SOURCE

- Beta carotene: Blakeslea trispora
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin E: soybean
- Vitamin D3: algae
- Vitamin K1: synthetic
- Vitamin B1 (thiamine HCl): synthetic
- Vitamin B2 (riboflavin): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B5 (calcium pantothenate): synthetic
- Vitamin B6 (pyridoxal HCl): synthetic
- Vitamin B12 (methylcobalamin): corn dextrose fermentation
- Folate: synthetic
- Biotin: synthetic
- Choline: synthetic
- Minerals: naturally derived from earthen ore
- Sources of the mineral chelates include:
 - Citrate: corn dextrose fermentation
 - Glycinate: synthetic
 - Polynicotinate: synthetic
- Mixed carotenoid profile typically contains 4,800 mcg beta carotene, 133 mcg lycopene, 265 mcg lutein and 53 mcg zeaxanthin

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NOTES

Size 00 caps

Bottle count 60

Order code WMN6

Bottle size 190 cc

REFERENCES

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4. Prinz-Langenohl R, et al. *Br J Pharmacol.* 2009 Dec; 158(8): 2014–2021.
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11. Meck, WH, et al. *Neurosci Biobehav Rev.* 27 (2003) 385–399

SUPPLEMENT FACTS

2 capsules daily, with a meal.

Two (size 00) capsules contain:

Vitamin A (as beta carotene)	2,400 mcg
Vitamin C (as ascorbic acid)	70 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	12 mg
Vitamin K (as vitamin K ₁)	90 mcg
Thiamin (as thiamin HCl) (B ₁)	1.6 mg
Riboflavin (as vitamin B ₂)	1.7 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl)	2.2 mg
Folate (as Metafolin®, L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	2.6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	6 mg
Choline (as choline bitartrate)	100 mg
Calcium (as di-calcium malate)	200 mg
Iron (as iron glycinate)	27 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	80 mg
Zinc (as zinc citrate)	15 mg
Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as molybdenum glycinate)	75 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	450 mcg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza, registered in USA

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Quantity	Order Code
60	WMN6