

# Women's Complete

## MultiVitamin and Mineral for Women



### DESCRIPTION

Women's Total Health supplies essential vitamins, minerals and other nutrients especially designed for women.

### FUNCTIONS

Studies show that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management and prevention of chronic diseases. Beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and maintenance of healthy blood cells, nervous system, hormonal balance, and more.

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with ATP, the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of c-AMP, energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function.

### INDICATIONS

Women's Total Health may be a useful dietary adjunct for individuals wishing to supplement with a variety of vitamins and minerals for optimal health.

### FORMULA (WW #10269)

#### 6 Tablets Contain:

Vitamin A.....	25,000 IU
(40% vitamin A Palmitate	
60% [15,000 IU as Beta Carotene)	
Vitamin C (Ascorbic Acid) .....	1,200 mg
Vitamin D3 .....	1000 IU
Vitamin E (Vitamin E Succinate).....	400 IU
Thiamine Thiamin HCl).....	100 mg
Riboflavin.....	50 mg
Niacin/Niacinamide .....	190 mg
Vitamin B-6 (Pyridoxal-5-Phosphate Complex).....	300 mg
Folate (L-methylfolate, Metafolin®) .....	800 mcg

Vitamin B-12.....	100 mcg
Biotin.....	300 mcg
Pantothenic acid.....	500 mg
(d-Calcium Pantothenate)	
Calcium .....	500 mg
(Calcium Citrate/Ascorbate Complex)	
Iron (Amino Acid Chelate) .....	20 mg
Iodine (from Kelp) .....	200 mcg
Magnesium.....	500 mg
(Aspartate/Ascorbate Complex)	
Zinc (Amino Acid Chelate).....	25 mg
Selenium .....	200 mcg
(Organic Selenium from Kelp)	
Manganese .....	20 mg
(Aspartate Complex)	
Chromium .....	200 mcg
(organically bound with GTF)	
Potassium .....	99 mg
(Potassium Aspartate Complex)	
L-Cysteine/N-Acetyl-L-Cysteine.....	200 mg
Betaine .....	114 mg
Inositol .....	100 mg
Citrus Bioflavonoid Complex .....	100 mg
Choline (Choline Citrate/Bitartrate) .....	60 mg
PABA (para-Aminobenzoic Acid) .....	50 mg
Glutamic Acid .....	20 mg
L-Methionine .....	12.5 mg
Boron (Boron Aspartate/Citrate Complex) .....	1.5 mg
Trace Elements (Sea Vegetation) .....	100 mcg
Vanadium (Vanadium Krebs †).....	50 mg

Other Ingredients: Cellulose, vegetable stearate and silica.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives, or flavoring.

### SUGGESTED USE

As a dietary supplement, adults take six (6) tablets daily or as directed by a healthcare professional. This product is best taken with meals.

## **SIDE EFFECTS**

**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.

## **STORAGE**

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity).

## **REFERENCES**

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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