

# Women's Nutrients

MULTIVITAMIN/MINERAL COMPLEX FOR WOMEN

DESIGNED FOR WOMEN

**Women's Nutrients** is a complete hypoallergenic, nutrient-rich, highly bioavailable multivitamin, multimineral and trace element supplement.

- High-potency vegetarian formula supporting optimal health
- Combines superior mineral cofactors, activated vitamins and antioxidants
- Includes Metafolin® L-5-MTHF



## Formula

Adults: Take 2 capsules 2 times daily with meals, a few hours before or after taking other medications or natural health products, or as directed by a healthcare practitioner. Avoid taking before bedtime. Consult a healthcare practitioner for use beyond 8 weeks.

### Each capsule contains

Beta-Carotene	750 mcg
Vitamin C (ascorbic acid, ascorbyl palmitate)	41.6 mg
Vitamin D <sub>3</sub> (cholecalciferol)	4.1 mcg (166.6 IU)
Vitamin E (d-alpha tocopheryl acid succinate)	11.1 mg AT (16.6 IU)
Vitamin K <sub>1</sub>	16.6 mcg
Thiamine (thiamine hydrochloride)	4.1 mg
Riboflavin (riboflavin, riboflavin 5'-phosphate)	5.7 mg
Niacin (niacin, niacinamide)	12.5 mg
Vitamin B <sub>6</sub> (pyridoxine hydrochloride, pyridoxal 5'-phosphate)	3.4 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	133.3 mcg
Vitamin B <sub>12</sub> (methylcobalamin)	83.3 mcg
Biotin	333 mcg
Pantothenic Acid (calcium d-pantothenate)	8.3 mg
Calcium (calcium citrate)	66.7 mg
Iodine (potassium iodide)	33.3 mcg
Magnesium (magnesium citrate)	16.6 mg
Zinc (zinc citrate)	2.5 mg
Selenium (selenomethionine)	33.3 mcg
Manganese (manganese citrate)	333 mcg
Chromium (chromium nicotinate)	33.33 mcg
Potassium (potassium citrate)	16.6 mg
Boron (boron glycinate)	333 mcg
Vanadium (bisglycinate oxo vanadium)	16.6 mcg
Lutein (from Tagetes erecta herb flowering oleoresin)	1 mg
Zeaxanthin	166.6 mcg
Lycopene (from Solanum lycopersicum fruit flesh)	21 mcg
Choline (choline bitartrate)	6.6 mg

Inositol	20.8 mg
DL-Alpha-Lipoic Acid	12.5 mg
Cranberry (Vaccinium macrocarpon) Fruit	16.6 mg
HMRlignan™ (7-hydroxymatairesinol potassium acetate from Norway spruce stem heartwood)	1.6 mg
Green Tea (Camellia sinensis) Leaf Extract (standardized to contain 65% catechins, 23% EGCG and 7% caffeine)	16.6 mg
Turmeric (Curcuma longa) Rhizome Extract (standardized to contain 95% curcuminoids)	16.6 mg
Calcium D-Glucarate (calcium saccharate)	8.3 mg
Red Wine (Vitis vinifera) Fruit Extract (standardized to contain 25% polyphenols)	16.6 mg
Grape (Vitis vinifera) Seed Extract (standardized to contain 92% polyphenols)	16.6 mg
Pomegranate (Punica granatum) Fruit Pericarp Extract (15-20:1) (124.5-166 mg dried equivalent)	8.3 mg
Rhodiola (Rhodiola rosea) Root Extract (standardized to contain 3% rosavins and 1% salidroside)	16.6 mg
Lemon Balm (Melissa officinalis) Leaf Extract (4-8:1) (33.2-66.4 mg dried equivalent)	8.3 mg

Non-medicinal ingredients: Vegetarian capsule (hypromellose, water), guar gum, sunflower lecithin.



Women's Nutrients	Quantity	Order Code	NPN	UPC
	180	WN1C-C	80077518	766298014210

Support your overall health and wellness with 4 capsules daily.

Visit [AtriumPro.ca/women-s-nutrients-180-ca.html](https://AtriumPro.ca/women-s-nutrients-180-ca.html)



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