

Fem Essentials®

Comprehensive Nutritional Support for Women♦

Fem Essentials is a comprehensive vitamin and mineral formula designed to supply an essential nutritional foundation for women.♦

- Features select nutrients, including high levels of ratio-balanced B vitamins to support healthy adrenal function, liver function, homocysteine metabolism, and a host of other metabolic processes.♦
- Protects cells from free radical damage by providing vitamins A, C, E, and quercetin, as well as Caro-xan™—our proprietary blend of beta-carotene and Betatene® mixed carotenoids.♦
- Provides the trace minerals chromium and vanadium along with other essential minerals to support the proper metabolism of carbohydrates, proteins, and fats.♦
- Supplies high levels of folic acid to support optimal health for women who may become pregnant.♦

Six tablets supply:

Vitamin A [15% (1,500 IU) as retinyl acetate and 85% (8,500 IU) as beta-carotene†]	10,000 IU
Vitamin C (as ascorbic acid)	1,200 mg
Vitamin D (as cholecalciferol)	20 IU
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU
Thiamin (as thiamin mononitrate)	30 mg
Riboflavin	34 mg
Niacin (as niacinamide and niacin)	420 mg
Vitamin B ₆ (as pyridoxine HCl)	40 mg
Folate (as folic acid)	800 mcg
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg
Biotin	300 mcg
Pantothenic Acid (as D-calcium pantothenate)	200 mg
Calcium (as calcium citrate)	500 mg
Iron (as iron glycinate ^{††})	10 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium bis-glycinate ^{††} and magnesium citrate)	250 mg
Zinc (as zinc aspartate)	20 mg
Selenium (as selenium aspartate)	200 mcg
Copper (as copper citrate)	2 mg
Manganese (as manganese aspartate)	1 mg
Chromium (as chromium nicotinate glycinate ^{††})	200 mcg
Molybdenum (as molybdenum aspartate)	100 mcg
Potassium (as potassium aspartate)	99 mg
Betaine HCl	325 mg
Choline (as choline bitartrate)	200 mg
Inositol	188 mg
Citrus Bioflavonoid Complex	100 mg
<i>para</i> -Aminobenzoic Acid (PABA)	50 mg
Quercetin	25 mg
Vanadium (as vanadyl sulfate)	39 mcg
Alpha-Carotene	162 mcg
Cryptoxanthin	43 mcg
Zeaxanthin	23 mcg
Lutein	23 mcg
Gamma Tocopherol	67 mg

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, croscarmellose sodium, silica, magnesium stearate, and coating (deionized water, hypromellose, maltodextrin, polyethelene glycol, and sodium copper chlorophyllin).

Recommendations: Six tablets daily with meals or as directed by your healthcare practitioner.

Form: 90 Tablet Bottle

Ⓐ Ⓕ See FDA Warnings on page 9.

† From Caro-xan™, a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

†† Patented mineral amino acid chelates: U.S. Patent #5,516,925 **Albion®**.