

## Bone Health Formula

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Calcium (as carbonate, citrate, bisglycinate chelate, tricalcium phosphate)	500 mg	40%
Magnesium (as oxide)	150 mg	35%

**Other ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.

## Vitamin D3

### Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%

**Other ingredients:** Safflower oil, gelatin, glycerin, purified water.



## B-Complex 100

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	625%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5880%
Folate (400 mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	100 mg	*

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, natural vanilla flavor.

**Contains:** Fish (sardine, anchovy) and Soy.

**Does not contain:** Gluten, Salt, Preservatives, Artificial Colors or Flavors.

**WARNING:** Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

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.

**DIRECTIONS:** Take one Women's Complete Vitamin Pack daily with a meal.

Contents may vary slightly in color and size.

This does not reflect a variation in potency.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if a packet is torn or open.

**Distributed by:**

**Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094

Visit

[www.vitaminshoppe.com](http://www.vitaminshoppe.com)

or call 1-800-223-1216

for more information

and to reorder.



**One Daily Women's Multi**  
Provides a convenient, full daily serving or more of many essential vitamins & minerals.



**Omega 3 Fish Oil**  
Provides EPA & DHA to help support cardiovascular, brain & eye health.



**Bone Health**  
Bone health formula to help support strong, healthy bones.



**Vitamin C 1000 with Rose hips**  
1000 mg to help with immune, cardiovascular & antioxidant support.



**B-Complex 100**  
B-Complex formula to help support energy production, nervous system function & nutrient metabolism.



**Vitamin D3 1000 IU**  
Vitamin D3 for bone health & immune support.

Pills Shown Actual Size

**Women's Complete** provides you with the nutrients you need to get through your busy day. Our convenient, once-daily packs support a woman's needs, with a high potency combination of vitamins, minerals, antioxidants, herbs and more to help fill nutritional gaps.



# Women's Complete Vitamin Packs

energy production<sup>Y</sup>

immune<sup>Y</sup>

antioxidant<sup>Y</sup>

women's health<sup>Y</sup>

30 Packets | Day Supply | Dietary Supplement

## Daily Multivitamin

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE(5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	50 mcg	40%
Thiamine (Vitamin B1) (as thiamine mononitrate)	10 mg	830%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (Vitamin B3) (as niacinamide)	20 mg NE	130%
Vitamin B6 (as pyridoxine HCl)	10 mg	590%
Folate (800 mcg folic acid)	1333 mcg DFE	330%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	50 mg	10%
Calcium (as calcium carbonate, dicalcium phosphate)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	140%
Selenium (as selenium amino acid chelate)	55 mcg	100%
Copper (as copper sulfate)	1 mg	110%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	80 mcg	180%
Potassium (as potassium chloride)	75 mg	2%
Cranberry Concentrate	400 mg	*
Inositol	25 mg	*
Boron (as amino acid complex)	1 mg	*
Lutein	250 mcg	*

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source), titanium dioxide (color), spirulina extract (color).

## Omega 3 Fish Oil

### Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%†
Cholesterol	2 mg	1%†
Vitamin E (as d-alpha tocopherol)	3 mg	20%
Fish Oil Concentrate	1000 mg	*
providing:		
EPA (Eicosapentaenoic Acid)	300 mg	
DHA (Docosahexaenoic Acid)	200 mg	

† Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily Value not established.

**Other ingredients:** Gelatin, glycerin, purified water.

## Vitamin C with Rose Hips

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	1000 mg	1110%
Rose Hips (Rosa canina)(fruit)	10 mg	*

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.