

1 PER DAY

# Sundown Naturals®

# Complete Women's

## Over 20 Active Ingredients

## Multivitamin/Multimineral Supplement with Herbal Complex

## 90 CAPLETS VITAMIN SUPPLEMENT

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as 50% Beta-Carotene and Retinyl Acetate)	5,000 IU 100%	Manganese (as Manganese Gluconate)	2.5 mg 125%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Chromium (as Chromium Picolinate)	50 mcg 42%
Vitamin D (as D3 Cholecalciferol)	200 IU 50%	Molybdenum (as Sodium Molybdate)	25 mcg 33%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	40 IU 133%	Potassium (as Potassium Gluconate)	5 mg <1%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	40 mg 2,667%	Boron (as Boron Amino Acid Chelate)	500 mcg **
Riboflavin (Vitamin B-2)	40 mg 2,353%	Coenzyme Q-10	25 mcg **
Niacin (as Niacinamide)	40 mg 200%	Pycnogenol® (Pinus pinaster) (French Maritime Pine Bark Extract)	25 mcg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg 2,000%	Isolated Soy Protein	12.5 mg **
Folic Acid	200 mcg 50%	Cranberry (Vaccinium macrocarpon) (fruit)	7.5 mg **
Vitamin B-12 (as Cyanocobalamin)	40 mcg 667%	Ginkgo Biloba (Ginkgo biloba) (leaf)	6 mg **
Biotin	45 mcg 15%	Citrus Bioflavonoids (Citrus spp.) (fruit)	5 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg 400%	Dong Quai (Angelica sinensis) (root)	5 mg **
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	250 mg 25%	Black Cohosh (Cimicifuga racemosa) (root)	5 mg **
Iron (as Ferrous Fumarate)	13.5 mg 75%	Red Clover (Trifolium pratense) (flower)	5 mg **
Phosphorus (as Dicalcium Phosphate)	50 mg 5%	Vitex (Vitex agnus-castus) (fruit)	5 mg **
Iodine (as Potassium Iodide)	75 mcg 50%	Wild Yam (Dioscorea villosa) (root)	5 mg **
Magnesium (as Magnesium Oxide)	100 mg 25%	Bee Pollen	2.5 mg **
Zinc (as Zinc Oxide)	7.5 mg 50%	Royal Jelly	1 mg **
Selenium (as Selenium Yeast)	100 mcg 143%		
Copper (as Cupric Oxide)	1 mg 50%		

\*\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk, soy and fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

**Smart  
Facts**

Complete Women's is brimming with the vitamins and minerals your body needs on a daily basis for when you're up and about and on the move. This product contains Calcium, Magnesium, and Vitamin D for maintaining healthy bones, plus Vitamin A for healthy eyes and Vitamin C for immune system health.\*

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL.** As a reminder, discuss the supplements and medications you take with your health care providers.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Gluten, No Wheat, No Shellfish.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast, bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

**STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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Questions? Call toll free  
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us at [www.sundownnaturals.com](http://www.sundownnaturals.com)  
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