

DIRECTIONS

As a dietary supplement, take two (2) capsules in the morning with a meal.

Discontinue use if side effects appear.


WARNING: Consult with a physician prior to use if you have a medical condition or are taking any medication. Do not use if you are pregnant or lactating.

KEEP OUT OF THE REACH OF CHILDREN. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

†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.

⚠WARNING: Consuming this product can expose you to chemicals including Goldenseal, which is known to the State of California to cause cancer. For more information go to: www.P65Warnings.ca.gov

Why's this needed?
See: www.hhfacts.com/womens-multi

 Made in the USA with domestic & international ingredients

Let us help! For any questions, concerns, refunds:
info@healthsharmony.com

HEALTHS
HARMONY

WOMEN'S MULTIVITAMIN+

ENERGY & IMMUNE SYSTEM COMPLEX†



- Vitamins
- Minerals
- Herbs

ONCE
DAILY

60 CAPSULES | DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 30

Amount Per Serving	%DV	
Vitamin A 600 mcg RAE (as Beta Carotene)	67%	Zinc (as Zinc Oxide) 15 mg 136%
Vitamin C 150 mg (as Ascorbic Acid)	167%	Selenium 30mcg (as Selenium Amino Acid Chelate) 55%
Calcium 50 mg (as Calcium Carbonate)	4%	Copper (as Copper Gluconate) 2 mg 222%
Vitamin D 10 mcg (as Cholecalciferol)	50%	Manganese 2 mg (as Manganese Amino Acid Chelate) 87%
Vitamin E 13.5 mg (as D-Alpha Tocopherol Acetate)	90%	Chromium 120 mcg (as Chromium Picolinate) 343%
Vitamin B1 7 mg (as Thiamine Mononitrate)	583%	Molybdenum 75 mcg 167%
Vitamin B2 7.5 mg (as Riboflavin)	577%	Female Support 192 mg Wild Yam Extract (<i>Dioscorea oppositifolia</i>) (root), Red Clover Extract (<i>Trifolium pratense</i> L.) (aerial), Lutein, Cranberry Extract (<i>Vaccinium macrocarpon</i>) (fruit), Alpha Lipoic Acid, Lycopene (<i>Lycopersicon esculentum</i>) (fruit)
Vitamin B3 15 mg NE (as Niacin)	94%	Immune Support† 115 mg Goldenseal Root (<i>Hydrastis canadensis</i>), Echinacea Extract (<i>Echinacea purpurea</i>) (aerial), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Garlic (<i>Allium sativum</i>) (bulb)
Vitamin B6 7.5 mg (as Pyridoxine HCl)	167%	Antioxidant & Energy Blend† 187 mg Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Hawthorn Berries (<i>Crataegus pinnatifida</i>), Cinnamon Bark Extract (<i>Cinnamomum cassia</i>), Blackberry Fruit Extract (<i>Vaccinium myrtillus</i>), Grape Seed Extract (<i>Vitis vinifera</i> L.), Black Currant Fruit Extract (<i>Ribes nigrum</i>), Pomegranate Fruit Extract (<i>Punica granatum</i>)
Folate 667 mcg DFE (400 mcg Folic Acid)	167%	
Vitamin B12 27 mcg (as Cyanocobalamin)	1125%	
Biotin 300 mcg	1000%	
Vitamin B5 10 mg (as D-Calcium Pantothenate)	200%	
Magnesium 50 mg (as Magnesium Oxide)	12%	

*Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

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V7R5
1465564 V1.1122

Lot # and expiry
date printed on
bottom of bottle.

