

# Women's care™

## Multi vitamin & mineral

### Providing:

- Essential daily nutrients
- High dose Vitamin D and Selenium
- Antioxidant protection
- 1-a-day tablet
- Easy swallow coating

### Support for:

- Daily health & wellbeing
- Nervous system function
- Healthy energy levels
- Optimal cardiovascular health
- Bone & reproductive health
- Emotional wellbeing

30 & 60 Tablets  
Dietary supplement



**Women's health**

# Women's care™

**Women's care™** is a comprehensive, high potency formula providing essential nutrients for daily health and wellbeing. **Women's care™** provides B complex vitamins to support the nervous system, healthy energy levels and emotional health; Vitamin D and Calcium for bone health; Folic acid for reproductive care. Antioxidant protection is provided by the inclusion of Betacarotene, Vitamins C & E, Selenium and Zinc. **Women's care™** also provides support for optimal cardiovascular and immune system health.



## Ingredients: (per tablet)

### Vitamins:

Betacarotene	1.5mg
Thiamine Hydrochloride (Vitamin B1)	25mg
Riboflavine (Vitamin B2)	20mg
Nicotinamide (Vitamin B3)	100mg
Calcium Pantothenate (Equiv. Pantothenic Acid 50mg) (Equiv. Calcium 5mg)	55mg
Pyridoxine Hydrochloride (Vitamin B6)	50mg
Biotin	50mcg
Folic Acid	300mcg
Cyanocobalamin (Vitamin B12)	50mcg
Ascorbic Acid	100mg
Cholecalciferol (Equiv. Vitamin D3 800IU)	20mcg
d- $\alpha$ -Tocopheryl Acid Succinate (Equiv. Vitamin E 50IU)	41mg
Hesperidin	10mg

### Minerals:

Magnesium Oxide (Equiv. Magnesium 60mg)	104mg
Calcium Hydrogen Phosphate Anhydrous (Equiv. Calcium 40mg)	136mg
Ferrous Fumarate (Equiv. Iron 5mg)	16mg
Zinc Gluconate (Equiv. Zinc 5mg)	38mg
Selenomethionine (Equiv. Selenium 150mcg)	373mcg
Chromium Picolinate (Equiv. Chromium 20mcg)	161mcg
Potassium Phosphate (Equiv. Potassium 6mg)	21mg
Copper Gluconate (Equiv. Copper 2mg)	14mg
Manganese Amino Acid Chelate (Equiv. Manganese 500mcg)	5mg

**Directions:** Take 1 tablet daily with food.

The information and products contained in this flyer do not imply a diagnosis or cure for any disease or condition. Always read the label and use only as directed. If symptoms persist consult your healthcare professional.



## Good Health Products

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