



A one-a-day formula to support busy women's daily nutritional requirements

KEY BENEFITS

- ✓ Helps support energy levels, stress resistance, skin health, immune function, healthy eyesight and cardiovascular system function
- ✓ Supports the body's daily nutritional requirements when dietary intake is inadequate
- ✓ With American ginseng used in traditional Chinese Medicine (TCM) as a adaptogen (helps body adapt to stress)
- ✓ With milk thistle traditionally used in Western herbal medicine to support healthy liver function

PRODUCT FEATURES

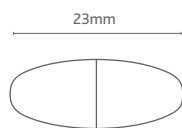
- ✓ Convenient one-a-day multi
- ✓ High potency, synergistic vitamin and mineral formula boosted with seven herbs
- ✓ With mineral glycines for enhanced absorption

Always read the label. Follow the directions for use. Vitamins and minerals should not replace a balanced diet. Made in Australia.

ACTIVE INGREDIENTS

Each tablet contains: Thiamine hydrochloride (Vitamin B1) 50mg; Riboflavin (Vitamin B2) 25mg; Nicotinamide (Vitamin B3) 50mg; Calcium pantothenate (Vitamin B5) 54mg, equiv. to Pantothenic acid 50mg & Calcium 4.6mg; Pyridoxine hydrochloride (Vitamin B6) 60.8mg, equiv. to Pyridoxine 50mg; Folic acid 500mcg; Cyanocobalamin (Vitamin B12) 500micrograms; Biotin 150mcg; Choline bitartrate 15mg; Inositol 15mg; Ascorbic acid (Vitamin C) 75mg; Citrus bioflavonoids 50mg; Betacarotene 3mg; d-alpha Tocopheryl acid succinate 41.3mg, equiv. to Vitamin E 50IU; Colecalciferol 12.5micrograms, equiv. to Vitamin D 500IU; Phytomenadione (Vitamin K1) 50micrograms; Calcium glycinate 165.3mg, equiv. to Calcium 35mg; Magnesium glycinate 177mg, equiv. to Magnesium 25mg; Iron (II) glycinate 18mg, equiv. Iron 5mg; Zinc glycinate 32.6mg, equiv. to Zinc 10mg; Manganese (II) glycinate 7.4mg, equiv. to Manganese 2mg; Chromium picolinate 201micrograms, equiv. to Chromium 25micrograms; Molybdenum trioxide 37.5micrograms, equiv. to Molybdenum 25micrograms; Cupric sulfate-pentahydrate 98.2micrograms, equiv. to Copper 25micrograms; Potassium iodide 196.2micrograms, equiv to Iodine 150mcg & Potassium 46.2micrograms; Selenomethionine 124.2micrograms, equiv. to Selenium 50micrograms; Borax 4.4mg, equiv. to Boron 500micrograms; Silica - colloidal anhydrous 53mg, equiv. to Silicon 25mg; Plus herbal extracts equiv. to dry: Curcumin (*Curcuma longa* C3 complex[®]) rhizome 2.75g, equiv. to curcuminoids 40mg; Milk thistle (*Silybum marianum*) fruit 2.64mg, equiv. silybin 30mg; Green tea (*Camellia sinensis*) leaf 1.5g, equiv. to catechins 41.5mg incl. EGCG 25mg; Shatavari (*Asparagus racemosus*) root 1000mg; Dong quai (*Angelica polymorpha*) root 450mg; American ginseng (*Panax quinquefolius*) root 340mg, equiv. to ginsenosides 5mg; Black pepper (*Piper nigrum*) fruit 91mg, equiv. to piperine 5mg

Suitable for vegetarians and vegans. NO gluten, wheat, nuts, dairy, added yeast or animal products.



DOSAGE

Adults: Take 1 tablet once daily with food.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding

BACKGROUND INFORMATION

While both men and women lead busy lives, survey from the Australian Bureau of Statistics (ABS) shows that women are particularly prone to feeling that they're constantly short of time – especially if they're juggling parenthood with full- or part-time work.

Although many women treat it as normal, that never-ending feeling of being stretched too thin is a form of stress, and can take a toll on both the body and health habits.

For example, women whose lives are busy or demanding are often prone to skipping meals and eating on the run – habits that can lead to deficient intake of some vitamins and minerals. These eating patterns can be particularly detrimental when you're under pressure, because stress may increase your requirements for some nutrients, potentially exacerbating any nutritional shortfalls caused by an inadequate diet.

For that reason, the foundations of any advanced women's multivitamin and mineral formula should include effective levels of a broad spectrum B-group vitamins and vitamin C. Vitamins B5 and C are particularly important here, as they play a vital role in supporting adrenal function, which in turn is responsible for many of the body's stress-coping mechanisms.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.



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Women's Multi Advanced also contains zinc which may help support a healthy vision, immune function, skin health and assists healthy metabolism of carbohydrates and proteins.

Mineral glycinates

Women's Multi Advanced contains calcium, iron, zinc, magnesium and manganese glycinate, an organic form of minerals with high bioavailability (readily absorbed and utilised in the body).

HERBS TO SUPPORT WOMEN'S HEALTH



American ginseng is traditionally used in TCM to help body adapt to stress and help relieve disturbed sleep.



Milk thistle is used in Western herbal medicine to promote healthy liver function and regeneration.

Formula is further supported with shatavari, green tea, curcumin, dong quai and black pepper.



COMPANION PRODUCTS

Women's Balance - With herbs used to relieve period pain and premenstrual symptoms in traditional Chinese medicine.



Stress & Anxiety - Contains herbs traditionally used in Ayurvedic medicine to improve resistance to stress and relieve mild anxiety in TCM.