

# Women's One Daily

Whole Food MultiVitamin

## DESCRIPTION

Vitamins, minerals and other essential nutrients derived from food sources are believed to be better absorbed and more bioavailable than nutrients from non-food sources. The benefit of a whole food based multi is that it results in a wide variety of essential cofactors that may help enhance nutrient digestion, absorption and bioavailability. The process begins with an organic blend of nutritious ingredients (fruits, vegetables, sprouts and spices) which are hydrated and macerated to form a whole-food complex. The whole foods are then fermented to release natural enzymes and other metabolites. These fermentation products are then combined with carefully selected probiotics. In the next step, vitamins and minerals are added to the probiotic media. Probiotics then ferment the whole-food metabolites for several hours. Having grown in a whole-food medium, these probiotics transform the nutrients into a whole-food complex that the body can easily digest and absorb. They are then naturally preserved using a lyophilization (freeze-drying) process to retain all the naturally occurring enzymes, metabolites and other nutrient dense bioactive compounds.

## FUNCTIONS

- Contains all essential vitamins and minerals.
- Provides a wide variety of organic food blends which contains phytonutrients, naturally occurring enzymes and other cofactors not found in typical multivitamins.
- Contains a women's organic herbal blend of red clover, red raspberry, cranberry, reishi, shitake and maitake mushroom.
- Contains twice the amount of folate and B12 along with iron.
- Provides all of the naturally occurring nutrients, enzymes, phytochemicals and other cofactors in a highly bioavailable form.
- All essential vitamins and minerals are USP grade nutrients that are incorporated into an organic whole-food complex helping to enhance their absorption and bioavailability. †

- Red clover provides support for normal, healthy female hormone function. †
- Red raspberry helps provide support for normal, healthy menstruation. †
- Cranberry helps support urinary tract health. †
- Studies show reishi mushroom helps support healthy immune function and normal, healthy cell growth. †
- Shiitake and maitake mushroom contain compounds known as beta-glucans, which studies show help support normal cell growth and immune health. †

## INDICATIONS

Women's One Daily Whole Food Multi may be a good resource for women looking to fill nutritional gaps with a well-rounded multivitamin supplement with the added benefits of whole foods, probiotics, mushrooms, herbs and spices selected specifically for women.

## FORMULA (WW #10425)

### 1 Vegan Tablet Contains:

Vitamin A (as beta carotene).....	1,500 mcg
Vitamin C.....	70 mg
Vitamin D3.....	10 mcg
Vitamin E.....	25 mg
Vitamin K.....	80 mcg
Vitamin B1.....	1.5 mg
Vitamin B2.....	1.7 mg
Niacin.....	20 mg
Vitamin B6.....	2 mg
Folate.....	1,360 DFE (800 mcg folic acid)
Vitamin B12.....	12 mcg
Biotin.....	300 mcg
Pantothenic acid.....	10 mg
Calcium.....	10 mg
Iron.....	3 mg
Iodine.....	150 mcg
Magnesium.....	10 mg
Zinc.....	15 mg
Selenium.....	70 mcg
Copper.....	2 mg

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Manganese ..... 1 mg  
Chromium ..... 120 mcg  
Molybdenum ..... 75 mcg  
Potassium ..... 3 mg  
Organic cultured vegetable blend ..... 90 mg  
Organic cultured fruit blend ..... 70 mg  
Organic cultured herbal blend ..... 32.5 mg  
Organic cultured sprout blend ..... 15 mg  
Essential glyconutrient blend ..... 5 mg  
Other Ingredients: Cellulose, maize flour, organic maltodextrin, vegetable stearin, magnesium stearate, silica.  
Contains NO sugar, salt, dairy, wheat, gluten, preservatives, artificial colors or flavors.

## **SUGGESTED USE**

As a dietary supplement, adults take 1 tablet daily, or as directed by a healthcare professional.

## **CAUTION**

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children.

## **STORAGE**

Store in a cool, dry place, away from direct light and out of reach of children

†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.

Manufactured For:

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