

TH₂₁ - Just for Women

A high potency multi vitamin/mineral/herbal formula in a pleasant tasting powder formula.

Supplements Facts		
Serving Size	1 Scoop	
Servings per Container	30	
Amount Per Serving		%DV
Vitamin A (as Beta Carotene)	6 mg	200%**
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D	200 IU	50%
Vitamin E (as d-Alpha Tocopherol Acetate)	200 IU	666%
Thiamine (as Thiamine hcl)	7.5 mg	500%
Riboflavin (as Riboflavin hcl)	7.5 mg	441%
Pyridoxine (as Pyridoxine Monohydrate)	5 mg	250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as cobalamin)	6 mcg	100%
Biotin	2.5 mg	833%
Pantothenic Acid	10 mg	100%
Calcium (as Calcium Citrate)	500 mg	50%
Magnesium (as Magnesium Sulfate)	200 mg	50%
Zinc (as Amino Acid Chelate)	15 mg	100%
Selenium (as Selenomethionine)	25 mcg	*
Chromium (as Chromium Picolinate)	100 mcg	*
Choline (as Choline Bitartrate)	100 mg	*
Inositol	50 mg	*
Chinese Herbal Health Blend	2600 mg	*
Ginkgo Biloba, Asparagus Cochinchinensis, Psyllium, Dong Quai, Gotu Kola, Echinacea, Ginseng and Garlic.		
<small>*Daily Value not established.</small>		

Directions: Adults take one scoop daily mixed in water or juice.