

# Clinical Nutrients for Women with Iron, 90 tabs

Questions?

[www.transformyourself.com](http://www.transformyourself.com)

[www.vibranttradianthealth.com](http://www.vibranttradianthealth.com)

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Supplement Facts		Amount per 3 tablets	%DV***
Serving Size 3 tablets		Servings per container 30	
Amount per 3 tablets		%DV***	
<b>Calories</b>		10	
<b>Total Carbohydrate</b>	2 g	<1%	***
Dietary Fiber	<1 g	3%	***
Vitamin A (75% as beta carotene and as retinyl acetate)	5,000 IU	100%	
Vitamin C (ascorbic acid)	300 mg	500%	
Vitamin D (as cholecalciferol)	800 IU	200%	
Vitamin E (as natural mixed tocopherols)	60 IU	200%	
Vitamin K (as phytylquinone)	80 mcg	100%	
Thiamin (as thiamin HCl) (vitamin B1)	60 mg	4,000%	
Riboflavin (vitamin B2)	60 mg	3,529%	
Niacin (as niacinamide and niacin)	90 mg	450%	
Vitamin B6 (as pyridoxine HCl)	95 mg	4,750%	
Folic Acid	800 mcg	200%	
Vitamin B12 (as cyanocobalamin)	800 mcg	13,333%	
Biotin	600 mcg	200%	
Pantothenic Acid (as calcium D-pantothenate)	30 mg	300%	
Calcium (from tricalcium phosphate and calcium citrate)	500 mg	50%	
Iron (as ferrous succinate)	18 mg	100%	
Phosphorus (from tricalcium phosphate)	235 mg	23%	
Iodine (as potassium iodide)	300 mcg	200%	
Magnesium (as magnesium aspartate and magnesium oxide)	300 mg	75%	
Zinc (as zinc gluconate)	15 mg	100%	
Selenium (as L-selenomethionine)	200 mcg	286%	
Copper (as copper gluconate)	2 mg	100%	
Manganese (as manganese citrate)	2 mg	100%	
Chromium (as chromium picolinate)	200 mcg	16.7%	
Molybdenum (as sodium molybdate)	75 mcg	100%	
Sodium	15 mg	<1%	
Potassium (as potassium aspartate)	100 mg	3%	
Choline Bitartrate	215 mg	**	
Cinnamon (Cinnamomum cassia) Bark Extract	150 mg	**	
Antioxidant Blend: sweet cherry fruit extract, green tea leaf extract, grape seed extract, pomegranate fruit extract, and giant knotweed root and rhizome extract containing 50% resveratrol	109 mg	**	
Vegetable Blend: broccoli flower, cabbage leaf, tomato fruit, carrot root, collard greens, mustard greens, kale leaf, and spinach leaf	50 mg	**	
Ginger (Zingiber officinale) Rhizome Extract	45 mg	**	
Inositol	30 mg	**	
Cranberry (Vaccinium macrocarpon) Fruit Extract standardized to contain 30% organic acids (quinic, malic, and citric acid)	25 mg	**	
Chaste Tree (Vitex agnus-castus) Berry Extract standardized to contain 0.5% agnusides	20 mg	**	
Bilberry (Vaccinium myrtillus) Fruit Extract 4:1	10 mg	**	
Boron (as sodium borate)	3 mg	**	
Lutein	1.5 mg	**	
Silicon (as magnesium bisilicate)	1 mg	**	
Vanadium (as vanadyl sulfate)	100 mcg	**	
Zeaxanthin	75 mcg	**	

\*\*\*Percent Daily Values (DV) are based on a 2,000-calorie diet.  
\*\*Daily Value not established.