

DAILY / FOUNDATION

FOR WOMEN ONLY

Priority #1 : *Specially formulated for women. Contains balanced multi-vitamin and mineral complex for optimal health and performance.*

For Women Only is a complete vitamin-mineral combination that enhances good nutrition, exercise and proper rest. It has been specially formulated for women. It also is an excellent formulation for the adult premenopausal woman as it helps in coping with the tensions and stresses of everyday living. The emphasis is on vitamin C, B-6, and the minerals magnesium and zinc. The fat-soluble vitamins A, D and E are present in water-disperse form. This form increases absorption and decreases the side effect of oily skin, which occurs occasionally with the oily form of these vitamins.

The water-soluble vitamin C and B-complex are prepared in a sustained-release form so that absorption is gradual and the benefits are felt over the entire day. Digestive enzymes are also present to help the breakdown of fats, protein and carbohydrates, and to assist in absorption of vitamins and minerals as well.

Reduces Cramps:

The relatively high amount of vitamin B-6, (300 mg.) in For Women Only, helps alleviate annoying premenstrual symptoms including: nervous tension, irritability, breast tenderness and congestion, weight gain and bloating due to water and salt retention, craving for sweets, increased appetite, loss of energy, and the inability to cope and perform. Furthermore, For Women Only also effectively corrects the nutritional imbalance caused by the use of hormonal contraceptive pills. Magnesium, B-6 and zinc help regulate the menstrual cycle and reduce cramps.

Controls Oily Skin:

For Women Only contains vitamin C, which through its anti-histamine effect, reduces the allergic reactions some women exhibit. The mineral calcium is not over-emphasized in For Women Only because of its interference with magnesium absorption. However, since vitamin D helps increase the intestinal absorption of calcium, it has been included. The dosage of vitamin A, found in For Women Only, (12,500 I.U.) is below the smallest dose (40,000 I.U.) required to produce toxicity in some women when taken contiguously over 6 -8 years. However, it is recommended that no other vitamin A supplements be taken. Vitamin A, zinc and B-6 have been shown to help control oily skin and acne.

SPECIFICATIONS:

Type:	Daily Multi-Vitamin Mineral
Quantity:	30 Packets
Dosage:	3-5 daily – spread after meals and snacks
Servings:	30
Benefits:	Specially formulated for Women. Numerous physiological benefits including digestion, immune system support, increased muscle recovery, increased oxygenation and circulatory support

To enhance fat-loss, this formula is often taken in conjunction with::

- Lipotropic Plus
- Super L-Carnitine
- ChromeMate
- Metabolic Optimizer

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Vitamin A (retinyl palmitate)	12,500 I.U.
Vitamin D (as ergocalciferol)	100 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Vitamin C (as ascorbic acid)	1,500 mg.
Vitamin B1 (thiamine HCl)	25 mg.
Vitamin B2 (riboflavin)	25 mg.
Niacin (as Niacinamide)	25 mg.
Vitamin B6 (as pyridoxine HCl)	300 mg.
Folate (as folic acid)	400 mcg.
Vitamin B12 (cyanocobalamin)	60 mg.
Biotin	60 mg.
Pantothenic Acid (as d-cal. pantothenate)	25 mg.
Choline Bitartrate	313 mg
Inositol	25 mg.
Para Amino Benzoic Acid	25 mg.
Vitamin C (ascorbic acid)	25 mg.
Natural Selected Rose Hips	500 mg.
Bioflavonoid Complex (lemon)	250 mg.
Rutin (buckwheat)	25 mg.

INGREDIENTS (PER PACKET — 5 YELLOW TABLETS)

Calcium (amino acid chelate)	125 mg.
Magnesium (amino acid chelate)	400 mg.
Iodine (Atlantic Kelp)	150 mcg.
Copper (amino acid chelate)	500 mcg.
Zinc (amino acid chelate)	25 mg.
Manganese	10 mg.
Iron (amino acid chelate)	18 mg.
Potassium (proteate)	50 mg.
Selenium (amino acid chelate)	100 mcg.
Chromium (as chromium polynicotinate)	100 mcg.

Enzyme Compounds

Amylase	25,000 NF Units
Protease	7,500 NF Units
Lipase	800 NF Units
Pancreatine 5X	75 mg.
Natural Whole Papaya	75 mg.
Natural Diatonaciaous Absorptive Colloiid	75 mg.
Betain HCl	195 mg.