



BeNatural Integrative Health

For Women Only

This sophisticated **Multi-Vitamin and Mineral complex** was specifically developed for women. Under the guidance of **Guy E. Abraham, M.D.**,* a former **Professor of Obstetrics, Gynecology and Endocrinology** at the **UCLA School of Medicine**, this unique formula also has been specifically formulated to help cope with the tensions and stresses of everyday living.

Of note, the emphasis is on **Vitamins C**, and **B-6** as well as the minerals **magnesium** and **zinc**. Also, the fat-soluble **Vitamins A, D** and **E** are present in **water-disperse form** which helps to increase absorption and decrease 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.

The relatively high amount of **Vitamin B-6**, (300 mg.) has been shown to help 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.

It also effectively corrects nutritional imbalances that can sometimes be caused by the use of hormonal contraceptive pills. **Magnesium, B-6** and **Zinc** help regulate the menstrual cycle and reduce cramps.

For Women Only includes **Pancreatin 5X** (digestive enzyme complex) consisting of Amylase, Protease and Lipase. Digestive enzymes help your body to break down and more fully utilize food and nutrients. A daily dosage has the equivalent capacity to digest:

Amylase:	21 slices of bread
Protease:	6.5 oz. steak
Lipase:	2.0 oz. of olive oil

These digestive enzymes adapt to their environment. For example, if you eat only two slices of bread, then, after digesting the two slices, the remaining enzyme is broken down as a protein. This is what's known as being **"ampho-teric."**

Enzymes also are expensive. They account for more than **35%** of manufacturing costs -- which is why you rarely, if ever, find them in retail vitamins.

Supplement Facts

Serving Size 5 Tablets • Servings Per Container 30

Amount Per 5 Tablets	% Daily Value*	
Vitamin A (as retinyl palmitate)	12,500 IU	250 %
Vitamin C (as ascorbic acid)	1,500 mg	2,500 %
Vitamin D (as cholecalciferol)	100 IU	25 %
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	334 %
Thiamin (as thiamine HCl, vitamin B1)	25 mg	1,667 %
Riboflavin (vitamin B2)	25 mg	1,470 %
Niacin (as niacinamide)	25 mg	125 %
Vitamin B6 (as pyridoxine HCl)	300 mg	15,000 %
Folate (as folic acid)	400 mcg	100 %
Vitamin B12 (as cyanocobalamin)	60 mcg	1,000 %
Biotin	60 mcg	20 %
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250 %
Calcium (as amino acid chelate)	125 mg	13 %
Iron (as amino acid chelate)	18 mg	100 %
Iodine (from Atlantic Kelp)	150 mcg	100 %
Magnesium (as amino acid chelate)	400 mg	100 %
Zinc (as amino acid chelate)	25 mg	167 %
Selenium (as amino acid chelate)	100 mcg	143 %
Copper (as amino acid chelate)	500 mcg	25 %
Manganese (as amino acid chelate)	10 mg	500 %
Chromium (as chromium polynicotinate)	100 mcg	83 %
Potassium (as potassium proteate)	50 mg	1 %
Natural Selected Rose Hips	500 mg	†
Citrus Bioflavonoids	250 mg	†
Rutin (Buckwheat)	25 mg	†
Choline Bitartrate	313 mg	†
Inositol	25 mg	†
Para Amino Benzoic Acid (PABA)	25 mg	†
Pancreatin 5X	75 mg	†
Amylase Activity (starch digestion)	11,250 NF Units	
Protease Activity (protein digestion)	9,750 NF Units	
Lipase Activity (fat digestion)	6,900 NF Units	
Natural Whole Papaya	75 mg	†
Trace Minerals	75 mg	†
Betain HCl	195 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Stearic acid, magnesium stearate, silicon dioxide and cellulose

Suggested Use: Take five (5) tablets daily with meals. For best results, split daily serving between two (2) or more meals.

Warning: This product contains iron. Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6 years of age. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Consult your physician before using this product if pregnant or lactating.

DO NOT TAKE ON AN EMPTY STOMACH

This product is safely sealed for your protection. Do not use if seals are broken. This quality product contains no artificial ingredients, colors, flavors or preservatives. To preserve optimal potency, keep cap tightly sealed and store in a cool, dry place.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician before taking this or any nutritional supplement.