

# MASTERS FORMULA WOMEN'S 50+ 120 GUMMIES

**Directions:** For women age 50 or older, take four (4) gummies daily. May be taken with or without food.

## Supplement Facts

Serving Size 4 Gummies  
Servings Per Container 30

Amount per 4 Gummy Serving	% Daily Value	
Calories	40	
Total Fat	0.5 g	< 1%
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	9 g	3%†
Sugars	6 g	**
Includes 6 g Added Sugars		12%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	360 mcg	40%
Vitamin C (as ascorbic acid USP)	60 mg	67%
Vitamin D (D-3 as cholecalciferol USP)	30 mcg (1200 IU)	150%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	15 mg	100%
Vitamin K (K-1 as phylloquinone)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.24 mg	20%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	2.25 mg	132%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 240 mcg L-methylfolate	100%
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%
Biotin USP	30 mcg	100%
Choline (as choline bitartrate USP)	55 mg	10%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate USP)	5.5 mg	50%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	25 mg	1%
Fish Oil	400 mg	**
Total Omega-3 Fatty Acids	120 mg	**
EPA and DHA	100 mg	**
Lutemax® 2020 Marigold Flower Extract	40 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	1 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	8 mcg	**

† Percent Daily Value based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Gelatin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate), Organic Sunflower Oil, Organic Carnauba Wax.

**Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only**