

PhD WOMEN'S 50+ FORMULA

60 PILLS

Directions: Adults over 50 take 2 capsules daily, with or without food. For best experience, take on an empty stomach.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per 2 Capsule Serving		% Daily Value
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	360 mcg	40%
Vitamin C (as ascorbic acid)	72 mg	80%
Vitamin D (D-3 as cholecalciferol from Lichen)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	12 mg	80%
Vitamin K (K-1 as phyloquinone)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate)	0.8 mg	67%
Riboflavin (Vitamin B-2)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	3.4 mg	200%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	6.0 mcg	250%
Biotin	45 mcg	150%
Pantothenic acid (as calcium D-pantothenate)	5.0 mg	100%
Choline (as choline bitartrate USP)	55 mg	10%
Iodine (as potassium iodide USP)	165 mcg	110%
Magnesium (as magnesium citrate USP)	8.4 mg	2%
Zinc (as zinc citrate)	5.5 mg	50%
Selenium (as L-selenomethionine)	14 mcg	25%
Copper (as copper chelate)	0.36 mg	40%
Algal Oil	149 mg	**
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	**
Vitamin K-2 (as menaquinone-7)	12 mcg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	1 mg	**
Lutemax 2020® Marigold Flower Extract	40 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**
Spectra™ Whole Food Antioxidant Blend	100 mg	**
Decaffeinated Coffea arabica Extract, Decaffeinated Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin, Maltodextrin, Acerola Extract, Tomato, Broccoli, Acai, Basil, Cinnamon, Garlic, Oregano, Turmeric, Carrot, Elderberry, Mangosteen, Camu Camu, Blackberry, Blackcurrant Extract, Blueberry Extract, Raspberry, Spinach, Chokeberry, Kale, Sweet Cherry, Bilberry Extract, Silicon Dioxide, Sunflower Lecithin, Brussels Sprout		

** Daily Value not established.

Other Ingredients: Modified Food Starch, Hydroxypropylmethylcellulose (Vegan Capsule), Rice Flour, Rice Starch, Pectin, Natural Flavor, Glycerol, Coconut Oil Powder, Silicon Dioxide, Mixed Tocopherols.