

Women's Nutrients

with Metafolin® L-5-MTHF

Introduced 2009



What Is It?

Women's Nutrients is designed for women over 40. It is a complete hypoallergenic, nutrient rich, highly bioavailable multivitamin, multimineral and trace element supplement. The formula combines superior mineral cofactors, activated vitamins and antioxidants to support optimal health. These nutrients are blended with calcium-D-glucarate, lignans and herbals extracts to offer additional support for occasional stress, macular integrity, cardiovascular function and breast cell health.*

Indications

Support for women over 40

Vitamin/Mineral Distinctions:

- High potency, hypoallergenic, vegetarian formula
- Activated vitamins and superior mineral chelates for optimal absorption
- 800 mcg Metafolin® (6S)-5-methyltetrahydrofolic acid (L-5-MTHF), the naturally occurring, universally metabolized form of folate*
- Antioxidant support from naturally derived vitamin C, vitamin E, beta carotene, lycopene, lutein, zeaxanthin and alpha lipoic acid
- 400 mg calcium citrate (highest of all our multivitamins), 1,000 i.u. vitamin D₃, and 100 mcg vitamin K₁ for healthy bones*
- 2 mg biotin for healthy hair, skin and nails*

Special Features:

- **BreastHealth Plus**
Supports breast cell health with HMRlignan™, calcium-D-glucarate, green tea and Curcumin C3 Complex®.* HMR-lignan™ also provides support for hot flashes.*
- **MacularSynergy Complex**
Enhances the integrity of the macula and retina with 6 mg lutein and 1 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.*
- **Urinary Health Support**
Combines the time-tested support of cranberry with vitamin C to maintain healthy urinary tract ecology.*

• StressCalm Blend

Helps moderate occasional stress with the adaptogenic properties of rhodiola rosea and the calming properties of lemon balm*

What Is The Source?

The nutrients found in Women's Nutrients are derived from the following:

- Mixed carotenoids: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin D₃: cholesterol from wool fat (lanolin)
- Vitamin E: soybean oil
- Vitamin K₁: synthetic
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Alpha lipoic acid: synthetic
- Minerals: naturally derived from limestone
- Sources of the mineral chelates include:
- Citrate: corn dextrose fermentation
- Glycinate: synthetic
- There is no detectable GMO material in this product.

(continued)

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin. Cranberry juice extract is derived from *Vaccinium macrocarpon*. HMRlignan™ contains 7-hydroxymatairesinol derived from Norway Spruce. Green tea extract is derived from *Camellia sinensis* and standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG). Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Calcium-D-glucarate is derived from cornstarch and glucose (United States Patent Nos. 4,845,123; 5,364,644; 5,561,160. European Patent No. 0,528,950). Red wine concentrate is derived from *Vitis vinifera* whole grape and standardized to contain 25% polyphenols. Grape seed extract is derived from *Vitis vinifera* seed and standardized to contain 92% polyphenols. Pomegranate extract is derived from *Punica granatum* L. whole fruit and standardized to contain 40% punicosides. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside. Lemon balm extract is derived from *Melissa officinalis* leaf and standardized to contain 5% rosemarinic acid.

Recommendations

Pure Encapsulations® recommends per 4-6 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Turmeric, green tea and lemon balm have been associated with dizziness, headache, and gastrointestinal upset, including nausea, vomiting, bloating, dyspepsia, constipation or diarrhea. Turmeric is not recommended for individuals with bile duct obstruction. Consult your health professional for more information.

Are There Any Potential Drug Interactions?

Grape seed extract, cranberry, curcumin and green tea may be contra-indicated with blood thinning medications. Some studies have reported that calcium d-glucarate and curcumin could affect the way that the liver breaks down medications, theoretically altering the effects of these medications and possibly the dose needed for treatment. Consult your health professional for more information.

Women's Nutrients

six vegetable capsules contain  v 00

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D ₃)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K ₁)	100 mcg
thiamin (as thiamin HCl) (B ₁)	25 mg
riboflavin (vitamin B ₂)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B ₆ (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B ₁₂ (as methylcobalamin)	500 mcg
biotin	2 mg
pantothenic acid (as calcium pantothenate) (B ₅)	50 mg
calcium (as calcium citrate)	400 mg

Women's Nutrients (cont.)

iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	100 mg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	200 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
potassium (as potassium citrate)	100 mg
boron (as boron glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
riboflavin 5' phosphate (activated B ₂)	12.5 mg
pyridoxal 5' phosphate (activated B ₆)	12.5 mg
mixed carotenoid proprietary blend	425 mcg
(as lutein, lycopene, zeaxanthin)	
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid (thioctic acid)	75 mg
cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit)	100 mg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
BreastHealth Plus	
HMR lignan™ 7-hydroxymatairesinol	10 mg
green tea (<i>Camellia sinensis</i>) extract (leaf)	100 mg
(standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	
turmeric (<i>Curcuma longa</i>) extract (root)	100 mg
(standardized to contain 95% curcuminoids)	
calcium-D-glucarate	50 mg
CardioPhenol Complete	
red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit)	100 mg
(standardized to contain 25% total polyphenols)	
grape (<i>Vitis vinifera</i>) extract (seed)	100 mg
(standardized to contain 92% polyphenols)	
pomegranate (<i>Punica granatum</i> L.) extract (fruit)	50 mg
(standardized to contain 40% punicosides)	
StressCalm Blend	
rhodiola (<i>Rhodiola rosea</i>) extract (root)	100 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
lemon balm (<i>Melissa officinalis</i>) extract (leaf)	50 mg
(standardized to contain 5% rosemarinic acid)	
other ingredients: ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, vegetarian capsule (cellulose, water)	
4-6 capsules daily, in divided doses, with meals.	

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HMRlignan™ is a trademark of Linnea Inc.



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Zeaxanthin is sourced from OPTISHARP™ brand.

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CHROME MATE® ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth, N.I.