



WOMEN'S FORMULA

Supplement	Quantity	Time
Vitamin D3+	1	Evening
Menopause Support	1	Evening
Advanced Antioxidant	1	Evening
Calcium+	1	Evening

WHAT DOES THE WOMEN'S FORMULA DO?

Our Women's Formula is designed to help provide nutrients and minerals necessary to support a woman's nutritional needs during the menopausal and perimenopausal phases of her life.*

WHAT IS OFFERED IN THE WOMEN'S FORMULA PACK?

Each box provides a 30-day supply of convenient daily packs with evening portions only. The box comprises 30 separate PM packs, each containing 1 Advanced Antioxidant, 1 Calcium+, 1 Vitamin D3+, and 1 Menopause Support.

*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 Packet
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	0 mcg RAE	0%	600 mcg RAE	66%
Vitamin C (from Calcium Ascorbate)	0 mg	0%	32.5 mg	36%
Vitamin D3 (from Cholecalciferol)	0 mcg	0%	35 mcg	233%
Vitamin E (as d-alpha tocopherol)	0 mg	0%	8 mg	53%
Vitamin K2 MK-7	0 mcg	0%	25 mcg	27%
Zinc (as Zinc Citrate Dihydrate)	0 mg	0%	10 mg	90%
Copper (from Copper Bisglycinate Chelate)	0 mcg	0%	2.6 mcg	0%
Manganese (as Manganese Bisglycinate Chelate)	0 mg	0%	1.7 mg	73%
Alpha Lipoic Acid	0 mg	*	50 mg	*
Boron (as Bororganic Glycine)	0 mg	*	10 mg	*
Broccoli (BroccoPhane®) (Brassica oleracea)(sprout)(0.4% Sulforaphane)	0 mg	*	25 mg	*
Chaste Tree Berry Extract (Vitex agnus-castus) (0.5% Agnuside & 0.5% Aucubin)	0 mg	*	40 mg	*
CoQ10 (ubiquinol)	0 mg	*	50 mg	*
Di-Indolyl-Methane (DIM)	0 mg	*	50 mg	*
Grape Seed Extract (Vitis vinifera) (95% proanthocyanidins)	0 mg	*	100 mg	*
L-Carnitine L-Tartrate	0 mg	*	29 mg	*
L-Theanine	0 mg	*	100 mg	*
Milk Thistle Extract (80% Silymarin) (Silybum marianum)(seed)	0 mg	*	100 mg	*
N-Acetyl-L-Cysteine	0 mg	*	120 mg	*
Quercetin (Dimorphandra mollis) (Flower)	0 mg	*	1 mg	*
Rhodiola rosea (root)(3% Rosavins & 1% Salidroside)	0 mg	*	100 mg	*

*Daily Value (DV) not established.

Other Ingredients: RiBran 300, Hydroxypropyl Cellulose, Safflower Oil, Gelatin (Shell Ingredient), Stearic Acid, Microcrystalline Cellulose, Magnesium Stearate, Glycerin (Shell Ingredient), Silicon Dioxide Micronized, Maltodextrin, Silica, Purified Water (Shell Ingredient), Orange Blend (Turmeric Ext.) (Shell Ingredient)