Women's Complete

Vegetarian Capsules

Vitamins

Minerals

Probiotics

NutritionalFrontiers.com
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NUTRITIONAL FRONTIERS

Women's Complete

Available in 120 Count Vegetarian Capsules

Women's Complete is the New Frontier in Multivitamins uniquely formulated for women of all ages, from menstruation, conception and pregnancy through menopause. This new women's wellness complex is a high-quality multivitamin-mineral supplement that includes bioavailable ingredients in nutritionally meaningful amounts. **Women's Complete** contains activated vitamins, chelated minerals and the best form of specialty ingredients including DMG, inositol and super foods, along with a unique, proprietary probiotic complex. This formula was created to enhance all facets of women's health, including heart, reproductive, GI and musculoskeletal health as well as skin, hair and nail care. Comprised of Patented, Researched and Trademarked ingredients, **Women's Complete** is an easy to swallow vegetarian capsule that is also easy for your body to absorb.

Activated Vitamin Blend

Vitamin Blends and Patented Researched Trademarked Ingredients (PRT)
Vitamin B12 as methylcobalamin is used for the Women's Complete formulation. Many companies use cyanocobalamin, a form of B12 that is cheaper and not as well utilized by the body.

Furthermore, **Women's Complete** contains the reputable **Gnosis** folate derivative, **Quatrefolic®,** that provides 800 mcg of folate. **Quatrefolic®** is more quickly absorbed compared to other forms of folic acid. Folic acid is synthetic whereas folate, also called 5-MTHF or 5-methylfolate, is the natural form that is more easily utilized by the body. Folate is well absorbed even when gastrointestinal pH is altered, and folate's bioavailability is not affected by metabolic defects. Since research suggests that up to 30% of the population cannot metabolize un-methylated forms of synthetic folic acid, **Quatrefolic®** is vital for a significant portion of the population. Folate works together with vitamin B-12 to support normal production of important, mood-regulating neurotransmitters. Furthermore, methylated folate is essential for converting homocysteine to methionine, a process that protects cardiovascular health.

Naturally fermented **vitaMK7®** can assure that the body will profit from calcium (naturally absorbed and/or supplemented) by driving it to where it is needed. **VitaMK7®** may have a crucial role in bone tissue homeostasis at 45 µg/daily, improving bone mineral density (BMD), activating bone formation by stimulating osteoblastic cells and reducing calcium concentration into blood.

Albion™ Chelated Minerals

In their ordinary form, minerals are difficult for the body to absorb through the intestine. The **Albion™** and **TRAACS™** mineral blend provides low molecular weight mineral compounds. These minerals are bound to amino acids to produce natural organic chelates that can pass easily through the intestinal wall. Calcium/Magnesium is utilized in a desired 2:1 ratio utilizing the best forms of chelated minerals.

Ferrochel™ Iron, or Ferrous Bis-Glycinate Chelate Iron is an important blood building nutrient for a baby as well as for the mother. An iron deficiency means that new blood cells will be unable to transport enough levels of oxygen to the fetus.

Vitacholine™ Choline is critical to prenatal cognitive development and lifelong memory. Increases DHA production.

Boron seems to affect the way the body handles other minerals such as calcium, magnesium, and phosphorus. It also seems to improve estrogen levels in post-menopausal women. Estrogen is thought to be helpful in maintaining healthy bones and mental function.

Women's Wellness Complex

A **Women's Wellness Complex** containing **Lactospore®** Lactobacillus rhamnosus is utilized in **Women's Complete**. Lactobacillus rhamnosus is a probiotic species that has been shown to provide key immune and digestive support to both mother and baby and **Lactospore®**, the only spore-forming probiotic, has been useful in the treatment of recurring diarrhea caused by the toxin produced by Clostridium difficile. Lactobacilli have also been successfully used as adjuvants in the treatment of fungal and protozoal vaginitis and in the treatment of non-specific bacterial vaginitis.

Women's Complete combines specialty ingredients to benefit women's wellness. **DMG** is used to support methylation and neurotransmitter production, healthy immune cells, DNA production, estrogen levels, histamine, fat metabolism, detoxification, cellular energy and gene expression.

Inositol is included as it may be beneficial for improving the function of the ovaries and fertility in women, even those suffering with Polycystic Ovarian Syndrome. Research has found that inositol supplements may improve menstrual cycle regularity, ovulation and pregnancy rates.

Super Foods Blend

Use of an organic proprietary **Super Food Blend** is what makes antioxidant defense an important component of the **Women's Complete** supplement. The high **ORAC Whole Food Complex** is comprised of a proprietary blend of cranberry, broccoli, garlic, wheat grass, celery seed and chlorella.

SUPPLEMENT FACTS

Available Bottle Size: 120 Capsules
Serving Size: 4 Capsules
Servings Per Container: 30

Activated Vitamin Blend	
Vitamin A (as Beta Carotene)	1500 mcg RAE
Vitamin C (as Calcium Ascorbate)	75 mg
Vitamin D3 (Cholecalciferol)	25 mcg
Vitamin E (as d-Alpha Tocopheryl Succinate)	67 mg
Vitamin K2 (as MK7®)	100 mcg
Vitamin B1 (Thiamine)	4 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	5 mg
Niacin (as Niacinamide)	25 mg
Vitamin B6 (as Pyridoxyl-5-Phosphate)	15 mg
Folate (as Quatrefolic® (equivalent to 1600 mcg of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt))	800 mcg
Vitamin B12 (as Methylcobalamin)	400 mcg
Biotin	500 mcg
Pantothenic Acid (as D-Calcium Pantothenate)	25 mg
Albion™ Chelated Minerals	
Calcium (as Di-Calcium Malate (DimaCal™), Calcium Ascorbate, Di-Calcium Phosphate)	150 mg
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	30 mg
Iodine (as Potassium Iodide)	150 mcg
Magnesium (as Di-Magnesium Malate (Albion™), Magnesium Bisglycinate Chelate (TRAACS™))	75 mg
Zinc (as Zinc Bisglycinate Chelate)(TRAACS™)	20 mg
Selenium (as Selenium Glycinate)(Albion™)	100 mcg
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	1.5 mg
Manganese (as Manganese Bisglycinate Chelate)(TRAACS™)	5 mg
Chromium (as Chromium Nicotinate Glycinate Chelate)(TRAACS™)	150 mcg
Molybdenum(as Molybdenum Glycinate Chelate)(TRAACS™)	100 mcg
Potassium (as Potassium Glycinate Complex)(Albion™)	50 mg
Choline(as Choline L(+) Bitartrate) (VitaCholine™)	110 mg
Boron (as Bororganic Glycine)(Albion™)	1 mg
Women's Wellness Complex	
Lactobacillus Rhamnosus	1.5 billion CFU
Lactospore® (Bacillus Coagulans)	1.5 billion CFU
N, N-Dimethylglicine HCl	125 mg
Inositol	100 mg
Super Foods Blend	
Proprietary Super Foods Blend (Cranberry powder, Broccoli powder, Garlic powder, Spirulina, Celery Seed powder, and Chlorella powder)	100 mg

Other Ingredients: hypromellose, microcrystalline cellulose, silicon dioxide, magnesium stearate.

Suggested Use: As a dietary supplement, take 1-2 capsules once at AM and once at PM, or as directed by your healthcare practitioner.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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