

# professional MULTI-Vitamin PAK for women



- Professional strength multi-vitamin with digestive enzymes.
- Powerful, naturally occurring phyto-nutrients included with extra CoQ10.
- Hair, skin and nail support to help you feel and look your best.
- Heart-smart Premium Omega-3 fatty acids included.

## Nutrition Facts

### Phytonutrient complex with Coenzyme Q10 (2 Clear Capsules with Green Powder)

Acerola berry extract	16.6 mg
Alfalfa powder	76 mg
Apple fibre powder	166 mg
Barley grass powder	116 mg
Barberry extract (4:1 PE, 25% anthocyanosides)	0.8 mg
Broccoli powder	26 mg
Brown rice bran powder	64 mg
Carrot powder	104 mg
Coenzyme Q10	30 mg
Ginkgo biloba (50:1 PE)	3.4 mg
Green tea extract (20:1 PE, 90% polyphenols)	1.6 mg
Grape seed extract (500:1 PE, 95% proanthocyanadins)	1.6 mg
Horsetail grass (4:1 PE)	3.4 mg
Kelp sea algae	3.4 mg
Licorice root (4:1 PE, 26% glycyrrhizin)	16.6 mg
Milk thistle (30:1 PE, 80% silymarin)	8.4 mg
Panax ginseng (28:1 PE)	4.2 mg
Soya lecithin	336 mg
Soy sprouts powder	58 mg
Spinach powder	58 mg
Spirulina blue-green algae	226 mg
Stevia leaf powder	38 mg
Tomato powder	26 mg
Wheat grass powder	34 mg

**Non-medical ingredients:** Gelatin, purified water, glycerin.

### Beauty from Within (2 White Capsules)

<b>Hair, skin, nails plus anti-oxidant complex</b>	
Resveratrol (20%)	25 mg
Grape seed extract (95% proanthocyanadins)	100 mg
Coenzyme Q10 (Ubiquinone)	5 mg
N-acetyl glucosamine	100 mg
Chondroitin sulphate	100 mg
Horsetail extract (7% silica)	5 mg
L-cysteine	50 mg
Lutein	1 mg
Lycopene	1 mcg
Alpha lipoic acid	25 mg
Pomegranate extract (40% Ellagic acid)	25 mg
Blueberry extract (4:1 PE)	25 mg
Cranberry extract (4:1 PE)	25 mg
Green Tea extract (95% Polyphenols, 70% Catechins, 45% ECGC)	100 mg
Bioflavonoids (Citrus)	250 mg
Rutin	25 mg
Hesperidin complex	25 mg
Quercetin	25 mg

**Non-medical ingredients:** Gelatin, purified water, titanium dioxide.

### High Absorption Multi-Vitamin for Women with Digestive Enzymes (3 Beige Tablets)

<b>Vitamins and Minerals</b>	
Vitamin A (Vitamin A acetate / beta carotene)	5000 I.U.
Vitamin B1 (Thiamine mononitrate)	75 mg
Vitamin B2 (Riboflavin)	75 mg
Vitamin B3 (Niacinamide)	35 mg
Vitamin B6 (Pyridoxine HCl)	75 mg
Vitamin B12 (Cyanocobalamin)	100 mcg
Vitamin C (Ascorbic acid)	250 mg
Vitamin D3 (Cholecalciferol)	400 I.U.
Vitamin E (d-alpha tocopherol acetate)	200 I.U.
Biotin	300 mcg
Calcium (Calcium carbonate)	500 mg
Choline (Choline bitartrate)	50 mg
Copper (Copper sulphate)	2 mg
Folic acid	400 mcg
Inositol	50 mg
Iodine (Potassium iodide)	150 mcg
Iron (Ferrous fumarate)	20 mg
Magnesium (Magnesium oxide)	200 mg
Manganese (Manganese oxide)	1 mg
Molybdenum (Yeast)	50 mcg
PABA (Para amino benzoic acid)	50 mg
Pantothenic acid (Calcium d-pantothenate)	75 mg
Peppermint leaf extract (4:1 PE)	10 mg
Selenium (Selenomethionine)	200 mcg
Zinc (Zinc picolinate)	15 mg

<b>Digestive enzymes</b>	
Amylase	1800 SKB
Protease	450 HUT
Cellulase	15 CU
Lactase	300 ALU
Lipase	75 FIP

**Non-medical ingredients:** microcrystalline cellulose, sorbitol, croscarmellose sodium, magnesium stearate, hypromellose, polydextrose, titanium dioxide, talc, maltodextrin, medium chain triglycerides, caramel.

### Premium Omega 3 Fatty Acids (1 Clear Softgel)

EPA (eicosapentaenoic acid)	360 mg
DHA (docosahexaenoic acid)	240 mg

**Non-medical ingredients:** Gelatin, purified water, glycerin.

There is no question that today's foods are lacking the nutrients they once had due to soil depletion and aggressive production techniques required to get our food to the supermarket in enough quantity and for the right price.

Sub-optimal nutrition is an even larger issue if you are active because the

human body will demand a greater variety of compounds in order for all of its systems to work at full potential.

iWinDirect has formulated a professional strength multi-vitamin and combined it with powerful, naturally occurring phyto-nutrients and lipids all in one convenient daily serving. You now have the peace of mind that you won't be missing anything that will prevent you from maximizing your health on all levels.

This complete nutrient pak has been specifically designed for WOMEN by taking into account the unique micro and macronutrients required for the female body. For example, iWinDirect has added nutrients that support the healthy development and protection of hair, skin and nails, and we have also increased the level of calcium and magnesium for optimal bone health.

## ABOUT THE MANUFACTURER

Direct NutriSciences holds a government-issued Natural Health Product Site Licence that exceeds conventional cGMP standards. Product safety is always the highest priority at Direct NutriSciences. All products have been produced in a positively pressured, hepa-filtered environment, which eliminates the threat of any contamination. Fortius has developed a reputation of being the leading expert in Formulation and Flavouring in Canada. They produce some of Canada's leading sports nutrition products.

Quantity:  
30 One-a-Day Paks

iWinDirect