



## Well Being for Women™

Food Supplement  
includes Soya Isoflavones  
& Dong Quai

High Potency

60 Vegetarian Capsules

### Well Being for Women™

This special blend has been formulated by practitioners especially for women.

#### Ingredients

Two (2) vegetarian capsules provide:	%ECRDA
Vegetable Cellulose capsule .....	250mg
Vitamin C (magnesium ascorbate) .....	150mg ..... 250
Soya Isoflavones ext. (2.5% G.M.O. free).....	100mg
Vitamin E (d-alpha tocopherol succinate) 66.5iu .....	55mg ..... 550
Calcium (citrate) .....	50mg ..... 6.25
Magnesium (citrate) .....	50mg ..... 16.66
Chaste Berry (agnus castus) .....	25mg
Dong Quai extract 4:1 .....	25mg
Motherwort .....	25mg
Mexican Yam extract 10:1 .....	25mg
PABA (para aminobenzoic acid).....	25mg
Rhodiola extract 4:1 .....	25mg
Vitamin B1 thiamin HCL .....	20mg ..... 1428
Vitamin B2 riboflavin .....	20mg ..... 1250
Vitamin B3 nicotinamide.....	20mg ..... 111
Vitamin B5 calcium pantothenate .....	20mg ..... 333
Vitamin B6 pyridoxine HCL .....	20mg ..... 1000
Potassium (citrate) .....	20mg
Rutin.....	20mg
Zinc (citrate).....	15mg ..... 100
Iron (bisglycinate).....	14mg ..... 100
Betaine HCL.....	10mg
Choline Bitartrate.....	10mg
Inositol .....	10mg
L Tyrosine .....	10mg
Hesperidin complex.....	10mg
Manganese (gluconate).....	5mg
Boron (amino acid chelate).....	3mg
Copper (gluconate) .....	1mg

Natural Beta Carotene/Carotenoid mix .	900µg
(from D. Salina Algae)	
equiv. to vitamin A.....	149.9µg
providing typical analysis:	
beta carotene .....	900µg
alpha carotene .....	28.4µg
cryptoxanthin.....	7.02µg
zeaxanthin.....	5.76µg
lutein .....	4.5µg
Vitamin A.....	800µg ..... 100
Folic acid .....	400µg ..... 200
Chromium (polynicotinate) .....	200µg
Selenium (methionine) .....	200µg
Iodine (potassium iodine) .....	150µg ..... 100
Biotin pure.....	100µg ..... 66
Molybdenum.....	50µg
Vitamin B12 cyanocobalamin.....	25µg ... 2500
Vitamin K 1 .....	20µg
Vitamin D (vegetarian).....	10µg ..... 200

Suitable for Vegetarians. Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, salt, preservative, colourings, yeast or starch.

#### Directions for use

As-a food supplement for adults, take two (2) vegetarian capsules daily with food or as directed by a healthcare professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional. Manufactured in the UK  
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Email: info@solonutrition.co.uk www.solonutrition.co.uk