

# Orenda International® AIO Female Supplement Facts

30 Day Supply

90 Tablets

Serving Size: 3 Tablets

Servings per Container: 30

Recommended Intake: As a dietary supplement, take 3 tablets daily.

	Amount per Serving	%DV
Vitamin A (50% as d-Salina Beta Carotene)	5000 iu	100
Vitamin C (as Calcium Ascorbate)	200 mg	333
Vitamin D (as Colecalciferol)	2000 iu	100
Vitamin E (as d-alpha Tocopherol Acetate)	200 iu	667
Thiamin (as Thiamin Mononitrate)	40 mg	2667
Riboflavin (Vitamin B2)	40 mg	2353
Niacin (as Niacinamide)	40 mg	200
Vitamin B6 (as Pyridoxine)	40 mg	2000
Folic Acid	800 mcg	200
Vitamin B12 (as Cyanocobalamine)	40 mcg	667
Biotin	300 mcg	100
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	400
Calcium (as Calcium Citrate)	200 mg	20
Iodine (as Kelp)	150 mcg	100
Zinc (as Zinc Amino Acid Chelate)	15 mg	100
Magnesium (as Magnesium Oxide)	200 mg	50
Selenium (as Selenium Amino Acid Chelate)	200 mcg	285
Copper (as Copper Amino Acid Chelate)	1 mg	50
Manganese (as Manganese Amino Acid Chelate)	5 mg	250
Chromium (as Chromium Picolinate)	100 mcg	83
Molybdenum (as Molybdenum Amino Acid Chelate)	50 mcg	66
Boron (as Boron Amino Acid Chelate)	2 mg	**
Citrus Bioflavonoids	25 mg	**
PABA	10 mg	**
Choline (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
Grape Seed Extract ( <i>Vitis vinifera</i> ) (seed)	10 mg	**
Co Enzyme Q10	5 mg	**
Alpha Lipoic Acid	5 mg	**

**Orenda Immune™ Proprietary Blend:** 275 mg \*\*

Calcium d-Glucarate, Lactobacillus fermentum extract, Oat Beta Glucan

**O-Harmony™ Herbal Blend:** 280 mg \*\*

Soy Isoflavones extract, Dong Quai (*Angelica sinensis*)(root) Red Raspberry (*Rubus idaeus*)(leaf), Black Cohosh (*Cimicifuga racemosa*)(root) Chaste Tree (*Agnus castus*)(berries), Deodorized Garlic (*Allium sativum*)(bulb), Ginger (*Zingiber officinale*)(root), Evening Primrose Oil

**Other Ingredients:** Cellulose, Stearic Acid, Modified Cellulose, Maltodextrin, Silicon Dioxide, Titanium Dioxide, Grape Skin Extract, Natural Vanilla, Magnesium Stearate.

**Contains a soy ingredient.**

Percent Daily Values based on a 2000 calorie diet. \*\*Daily Value (DV) not established. 1106-6

See the product label for complete ingredients listing and indications.

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