

# Woman 40+ Multivitamin

More than just a multivitamin, Woman 40+ is a vitamin, mineral and phytonutrient combination that blends specially formulated nutrients to help address the needs of women aged over 40, as the body's hormonal balance begins to change.

Featuring pomegranate extract, grape skin extract, green coffee bean extract, balanced B-complex, chelated minerals, gentle forms of iron and vitamin C, important trace minerals and carefully selected botanicals providing appropriate phytonutrients for this age group.

Grape skin extract is naturally high in antioxidants and helps to improve the overall health and appearance of the skin, as well as contributing to a healthy blood pressure. Biotin, zinc, selenium and horsetail (*Equisetum arvense*) extract help to maintain hair and nails in optimum condition, whilst the addition of kelp assists with weight management.

B vitamins (B1, B2, B3, B5, B6 & B12) along with biotin, folic acid and choline all provide a vital role in maintaining good health and well-being. Together they contribute to the reduction of tiredness and fatigue, to normal psychological function and mental performance, energy-yielding metabolism, the regulation of hormonal activity, the functioning of the immune and nervous systems and the maintenance of normal skin, vision and red blood cells.

It is recommended to take alongside Viridian's Women 40+ Omega oil and Synerbio 40+ probiotic for optimum daily support.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Contains all 8 essential B vitamins
- Contributes to the reduction of tiredness and fatigue
- Biotin and zinc support healthy skin, hair and nails
- Vegan formulation



Supports natural changes

## Nutritional Information: two capsules provide:

Ingredient	Weight	% NRV
Grape ( <i>Vitis vinifera</i> ) skin extract (25% Polyphenols)	100mg	
Green coffee bean ( <i>Coffea arabica</i> ) extract (45% Chlorogenic acid)	100mg	
Pomegranate ( <i>Punica granatum</i> ) extract (40% Ellagic acid)	100mg	
Vitamin C (Magnesium and Calcium ascorbate)	130mg	163
Magnesium (ascorbate and citrate)	20mg	5
Vitamin B5 (D-Ca pantothenic acid)	80mg	1333
Beta carotene ( <i>Dunaliella salina</i> ) (providing Vitamin A 833µg)	5mg	104

Lutein extract	3mg	
Calcium (ascorbate and citrate)	10mg	1
Vitamin E (D-alpha tocopherol)(50IU)	33mg	280
Vitamin B6 (Pyridoxine HCl)	30mg	2143
Vitamin B1 (Thiamine HCl)	25mg	2273
Potassium (citrate)	10mg	0.5
Alpha Lipoic Acid	25mg	
Vitamin B2 (Riboflavin)	25mg	1786
Vitamin B3 (Nicotinamide)	25mg	156
Co-enzyme Q10	20mg	
Zinc (citrate)	5mg	50
Horsetail ( <i>Equisetum arvense</i> ) extract (4:1)(2% Silica)	15mg	
Iron (bisglycinate)	3mg	21
Choline (bitartrate)	5mg	
Selenium	55µg	100
Boron	1mg	
Inositol	5mg	
Vitamin D3 (Cholecalciferol) (400IU)	10µg	200
Manganese (citrate)	1mg	50
Copper (citrate)	1mg	100
Vitamin K1 (Phylloquinone)	50µg	66
Folic acid	400µg	200
Chromium (picolinate)	50µg	120
Iodine (50% Kelp and 50% Potassium iodide)	150µg	100
Molybdenum	50µg	100
Biotin	50µg	100
Vitamin B12 (Deoxyadenosylcobalamin and Methylcobalamin)	25µg	1000
In a base of Alfalfa, Spirulina and Bilberry		
Plant cellulose capsule		

**Allergens:** this product contains sulphites.

**Directions:** take two capsules daily with food, or as directed by your healthcare practitioner.

### Ordering Information:

Code	Size	Description	Barcode
109	60	Woman 40+ Multivitamin Veg Caps	5060003591092

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)