



Women's Synbiotic Nutrients

MADE WITH ORGANIC INGREDIENTS

Certified Organic by International Certification Services, Inc., USA

Multi Vitamins, Herbs, Minerals

- **Available in 60 Tablet size**

Women's Synbiotic Nutrients is an organic whole-food multivitamin formulated specifically for the needs of active women.

Most people would agree that taking a daily multivitamin is a good idea – it's often referred to as an “insurance policy” for covering nutritional gaps left by a less than optimal diet.

NewMark believes a daily multi can be much more than a nutrient backstop. In fact, we believe our Organic, Whole-Food Multi's can serve as the foundation of your complete nutrition program – with multiple benefits in support of your overall health and wellness.

NewMark Whole-Food Multivitamins: More Than Food Supplements, They're *Supplemental Food*

- **Cultured Whole Food:** Organic herbs and cultured whole-food vitamins & minerals work together to promote optimal health and condition-specific benefits – not just address nutrient deficiencies.*
- **Stress & Energy Support:** Energizing herbs including organic maca and organic schizandra provide stress support and promote dynamic energy levels.*
- **Targeted Herbal Blends:** Cultured, organic herbal blends provide energy & stress support and promote hormone, immune system, heart, and digestive health.*
- **Convenient:** New two-a-day formula is easy-to-take, easy-to-digest, and can be taken anytime – even on an empty stomach!

Why Cultured Soy?

Cultured soy is one of the five sacred grains of the Chinese herbal tradition and is the foundation of “superfoods” such as tempeh and miso. Traditional cultures consumed soy only if it was fermented – for good reason. While non-fermented soy can disrupt absorption and normal activity of nutritive compounds, modern science has found that cultured soy actually enhances nutritive bioavailability and promotes normal cell growth, heart, and bone health.*

NewMark Multi's utilize only fermented soy to deliver these compelling benefits supported by each formula's whole-food vitamins, minerals and herbs.

Suggested Use: Two tablets daily. Can be taken anytime, even on an empty stomach.

Serving size: 2 Tablets

Two tablets contain:

SUPPLEMENT FACTS		
PROBIOTIC NUTRIENTS™		%DV
Vitamin A † (100% as beta-carotene)	5000 IU	100%
Vitamin C †	60 mg	100%
Vitamin D3 †	1000 IU	250%
Vitamin E †	30 IU	100%
Vitamin K1 †	70 mcg	88%
Vitamin K2 (MK-7) (from MenaQ7™ §)	10 mcg	12%
Thiamin-Vitamin B1 †	4 mg	267%
Riboflavin-Vitamin B2 †	5 mg	294%
Niacin †	20 mg	100%
Vitamin B6 †	5 mg	250%
Folate †	400 mcg	100%
Vitamin B12 †	30 mcg	500%
Biotin †	300 mcg	100%
Pantothenic Acid †	25 mg	250%
Calcium (from Algae ‡)	50 mg	5%
Iron †	9 mg	50%
Iodine †	75 mcg	50%
Magnesium† (70% cultured, 30% from Algae ‡)	10 mg	2%
Zinc †	7.5 mg	50%
Selenium †	100 mcg	143%
Copper †	750 mcg	38%
Manganese †	2 mg	100%
Chromium †	100 mcg	83%
Molybdenum †	10 mcg	13%
Mixed Carotenoids †	3 mg	•

HERBAL BLENDS %DV

Stress/Energy Support Blend †	90 mg	•
[Organic Schizandra (<i>berry</i>), Organic Maca (<i>root</i>), Organic Chamomile (<i>flower</i>)]		
Hormone Support Blend †	90 mg	•
[Organic Chaste Tree (<i>berry</i>), Organic Red Clover (<i>flower</i>), Organic Raspberry (<i>leaf</i>)]		
Immune Support Blend †	60 mg	•
[Elderberry Extract (<i>Sambucus nigra</i>) (<i>berry</i>), Organic Eleuthero (<i>root</i>), Organic Astragalus (<i>root</i>)]		
Digestive Support Blend †	45 mg	•
[Organic Aloe (<i>leaf</i>), Organic Peppermint (<i>leaf</i>), Organic Coriander (<i>seed</i>), Organic Cardamom (<i>seed</i>), Organic Artichoke (<i>leaf</i>)]		
Cardio Support Blend †	30 mg	•
[Organic Fenugreek (<i>seed</i>), Organic Oregano (<i>leaf</i>), Grapeseed Extract (not cultured), Organic Hawthorn (<i>berry & seed</i>)]		

HERBAL EXTRACTS %DV

Turmeric (<i>rhizome</i>) 4.8 mg hydroethanolic extract and 1.2 mg organic supercritical extract	6 mg	•
Ginger (<i>rhizome</i>) 2.4 mg hydroethanolic extract and 0.6 mg organic supercritical extract	3 mg	•

• Daily Value not established
 ‡ Lithothamnion: (*L. calcareum* and *L. corallioides*)
 † Nutrients and herbs are cultured in organic media that may contain: organic milled soy, *Saccharomyces cerevisiae* (organic yeast: active and inactive), organic maltodextrin, organic gum acacia, organic orange and lemon peel – natural sources of bioflavonoids, organic carrot powder, organic alfalfa powder, *Lactobacilli* (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*) and enzymes (deactivated).

Other ingredients: Organic gum acacia, silica, lac resin, and carnauba wax.

Contains: Fermented soy. Naturally gluten free. 100% vegetarian; no artificial flavors or colors.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**