

dotFIT Women's MV



Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (As beta carotene and as retinol acetate)	1800 mcg (6000 IU)	200%
Vitamin C (from ascorbic acid and calcium ascorbate)	250 mg	278%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg (100 IU)	447%
Vitamin K (as Vitamin K1 [phytonadione] and Vitamin K2 [menaquinone-7])	50 mcg	42%
Thiamin (as thiamine mononitrate)	6 mg	500%
Riboflavin (as riboflavin-5-phosphate sodium)	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxal-5-phosphate monohydrate)	2 mg	118%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin	100 mcg	333%
Pantothenic Acid (as d-calcium pantothenate)	15 mg	300%
Choline (from choline bitartrate)	150 mg	27%
Iron (from ferrous fumarate)	10 mg	56%
Iodine (from kelp)	100 mcg	67%
Magnesium (from magnesium oxide and magnesium citrate)	100 mg	24%
Zinc (from zinc citrate)	12 mg	109%
Selenium (from L-selenomethionine)	50 mcg	91%
Chromium (from chromium picolinate)	50 mcg	143%
Boron (from boron citrate)	1 mg	*

Who is this for?

- Women ages 18-50 with low to moderate activity levels. More physically active women are often recommended the ActiveMV.
- Vitamins and minerals are essential for all functions in the body, and because we can't make them, we must obtain them from diet.
- Most people do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting health, aging and daily recovery.

What makes this product unique?

- This properly designed full spectrum multivitamin & mineral formula includes a "controlled release" delivery system to release nutrients throughout the day to optimize absorption and usage.
- This formula contains nutrients in amounts tailored to the specific needs of women:
 - Boron
 - Iron
 - Folic Acid
 - Vitamins K1 and K2
 - Vitamin D
 - Magnesium

How should I take this?

- One (1) tablet per day with food