

Essential for Women 50+

The science-backed multivitamin for women post-menopause. Here's a guide to bring to your doctor to make sure it's right for you. Learn more at Ritual.com.



Formulated For

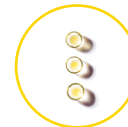
- Brain Health***
 Omega-3 DHA and Folate to support brain health.*
- Bone Support***
 Calcium-helper nutrients D3, K2, Magnesium, and Boron help maintain bone health.*
- Heart Health***
 Omega-3 DHA from microalgae supports heart health.*
- Muscle Function***
 Chelated Magnesium and Vitamin D3 contribute to normal muscle function.*

Supplemental Facts

Serving Size: Two (2) Vegan Capsules
 Servings Per Container: 30



Folate
 Methylated Folate
Pisticci, Italy
 400 mcg DFE (235 mcg)



Vitamin K2
 Pure, non-soy form of K2 MK-7
Oslo, Norway
 100 mcg



Vitamin D3
 D3 from lichen
Nottingham, UK
 50 mcg (2000 IU)



Boron
 Food-form Boron
Momence, Illinois
 1 mg



Vitamin E
 Vitamin E from mixed tocopherols
Buenos Aires, Argentina
 10 mg (15 IU)



Vitamin B12
 Methylated B12
Bridgeport, Connecticut
 16 mcg



Omega-3 DHA
 DHA from microalgae
Saskatoon, Canada
 330 mg



Magnesium
 Chelated form of Magnesium
Ogden, Utah
 60 mg

*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.