

Dr. Fuhrman®

# PRODUCT FACTS

## WOMENS DAILY FORMULA + D3



Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as current as possible.

### MULTIVITAMIN AND MINERAL SUPPLEMENT

Dr. Fuhrman's multivitamins set the gold standard for quality and safety, and are manufactured by a GMP certified and FDA-regulated facility. Dr. Fuhrman selects only the highest-quality ingredients, formulated for rapid disintegration and easy digestion. Women's Daily +D3 is uniquely designed to contain adequate amounts of essential nutrients that may be lacking even in a healthy diet, and to exclude ingredients that have the potential to cause harm.

Eating more whole plant foods and less animal food (especially processed and red meat) is linked to longevity.<sup>1-3</sup> However, reducing animal foods also reduces our exposure to some beneficial nutrients, including zinc, vitamin B12, and iodine. Smart supplementation can fill these gaps and help us achieve nutrient sufficiency without needing to add animal products.

Dr. Fuhrman is adamant about stopping the use of dangerous supplements. Despite the dangers, most multivitamins on the market still include potentially harmful ingredients. Women's Daily +D3 does not. For example, there is evidence that too much synthetic folic acid, which is more bioavailable than natural folate, has cancer-promoting effects.<sup>4-7</sup> High doses of supplemental beta-carotene, vitamin A, and vitamin E have been linked to an increased risk of death in several studies.<sup>8,9</sup> There is also evidence that supplemental vitamin A contributes to osteoporotic fractures.<sup>10</sup> Importantly, folate, vitamin E, and beta-carotene (a precursor to vitamin A) are all easy to obtain from vegetables, fruits, nuts, and seeds. Anyone who follows a healthful diet does not need to supplement with these nutrients. Dr. Fuhrman also recommends avoiding copper and selenium as supplements, and only taking iron if necessary (such as when pregnant).



#### Organic fruit and vegetable blend

A blend of whole foods, such as greens and berries, provide an extra boost of phytochemicals in their natural, whole food state. Dr. Fuhrman's new whole food blend comprises only organic vegetables and fruits, including broccoli sprouts, goji berry extract, kale, carrot, beet, blueberry and raspberry.

#### What makes it unique?

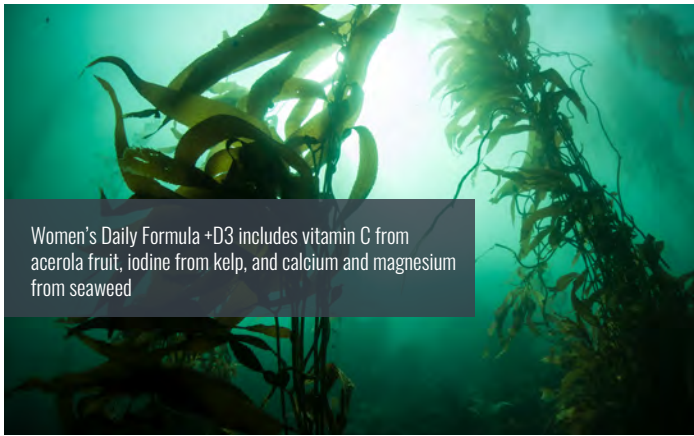
##### Designed specifically for women

Women's Daily +D3 contains a conservative dose (200 mg) of calcium from mineral-rich seaweed, to replicate the absorption from calcium-containing foods.\*\* Although adequate calcium can be obtained from a Nutritarian diet, supplementing may be appropriate for some women, since calcium absorption decreases after menopause and some women may have a smaller appetite for greens. Calcium and some magnesium are supplied in the form of whole, powdered seaweed, harvested off the west coast of Ireland and the northwest coast of Iceland.

### WOMENS DAILY + D3

#### Product Features

- Designed specifically for women
- 100% vegan
- Taurine may support athletic performance in physically active women\*\*
- Free of potentially harmful ingredients\*\*
- Formulated from the most current scientific research available
- Contains 50 mcg (2000 IU) vegan vitamin D3
- Calcium from powdered, mineral-rich seaweed
- Organic whole food extracts including broccoli, kale, blueberry, and tomato
- Maitake mushroom extract
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- Gluten-free
- Capsules can be opened to add contents to food or drink



Women's Daily Formula +D3 includes vitamin C from acerola fruit, iodine from kelp, and calcium and magnesium from seaweed

Women's Daily +D3 also contains maitake mushroom extract, since Dr. Fuhrman recommends eating mushrooms daily and dietary mushrooms may support breast health.<sup>11\*\*</sup> Also included is a small amount of taurine, an amino acid that is low in plant foods and may support athletic performance in physically active women, especially those who follow a plant-based diet.<sup>12, 13\*\*</sup>

### Consistently updated formula reflects most current research

Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as up-to-date as possible. Dr. Fuhrman continually improves the quality of Women's Daily +D3, adjusting the ingredients and doses to stay current with new scientific research.

### 50 mcg (2000 IU) vegan vitamin D3

Vitamin D has emerged as a crucial nutrient for many facets of health, and is a nutrient that most people don't get enough of.<sup>14</sup> Most multivitamins only contain about 10-20 mcg (400-800 IU) of vitamin D. Women's Daily +D3 contains 50 mcg (2000 IU) of vegan vitamin D3, so that women can achieve optimal levels of vitamin D in the blood while minimizing the number of supplements they take.

### Vitamin K2

Vitamin K2 is produced by bacteria and is low in plant foods, in contrast to K1, which is abundant in green vegetables. Vitamin K drives chemical reactions that control bone formation, and getting sufficient vitamin K may help to maintain bone density — an important concern for women. There is some evidence that K2 is more bioavailable, and has higher functional activity than K1, particularly for functions other than blood coagulation, such as vitamin K's actions on bone and the cardiovascular system.<sup>15-18</sup> Dr. Fuhrman recommends supplementing with a conservative amount of K2, since it's not present in most plant foods, and K2 may provide some benefits beyond those of K1.<sup>\*\*</sup>

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## WOMENS DAILY FORMULA +D3

### Supplement Facts

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Serving Size: 2 capsules  
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (as calcium ascorbate and acerola fruit extract)	100 mg	111%
Vitamin D [as D3 vegan cholecalciferol (Vitashine®)] (2000 IU)	50 mcg	250%
Thiamin (as thiamin HCl)	0.75 mg	63%
Riboflavin	0.425 mg	33%
Vitamin B12 (as methylcobalamin)	75 mcg	3,125%
Biotin	15 mcg	50%
Panthenic acid (as D-calcium pantothenate)	5 mg	100%
Calcium [from mineralized seaweed ( <i>Lithothamnium sp.</i> ) (whole plant)(Aquamint™ TG) and calcium ascorbate]	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium [as magnesium aspartate, magnesium amino acid chelate, & from mineralized seaweed ( <i>Lithothamnium sp.</i> ) (whole plant) (Aquamint™ TG)]	100 mg	24%
Zinc (as zinc bisglycinate chelate and zinc picolinate)	7.5 mg	68%
Chromium (as chromium amino acid chelate)	17.5 mcg	50%
Taurine	50 mg	*
Maitake mushroom 16:1 extract (fruiting body)	10 mg	*
Vitamin K2 [as natural menaquinone-7 (K2Vital®)]	30 mcg	*
Vanadium (as vanadium amino acid chelate)	10 mcg	*
<b>Fruit, Veggie and Greens Blend:</b>	130 mg	
Organic broccoli sprout, organic acai fruit ( <i>Euterpe oleracea</i> ), organic lycium (goji) berry extract, organic cranberry, organic apple, organic kale, organic broccoli, organic spinach, organic carrot, organic parsley, organic beet, organic green cabbage, organic blueberry, organic raspberry, organic strawberry, organic tomato		

\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable magnesium stearate and silica.

#### Directions:

Take two capsules daily. Best when taken with meals.

\*\*These supplements have not been evaluated by the Food and Drug Administration. Products listed are not intended to diagnose, treat, cure or prevent disease.

Women's Daily +D3 is vegan and does not contain dairy, soy, wheat or GMOs.