

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 Formula +D3 is uniquely designed to contain adequate amounts of essential nutrients that may be lacking even in a healthy diet, and to exclude those ingredients that have the potential to cause harm. Dr. Fuhrman is adamant about stopping the use of dangerous supplements. For example, several long-term scientific studies have demonstrated increased risks of cancer or premature death from the use of supplemental folic acid and Vitamin A. Women's Daily Formula +D3 excludes potentially harmful ingredients, such as vitamin A, beta-carotene, vitamin E, folic acid, and copper.^{1,3**} Certain whole food derived nutrients are known to be more bioavailable than their synthetic counterparts and these forms are preferentially included in Women's Daily Formula +D3. Amino acid chelated minerals, a highly absorbable form of minerals, are also included. Whole food extracts of greens and berries provide an extra boost of phytochemicals in their natural, whole food state for optimal nutrient absorption and antioxidant benefit.** Another benefit of Women's Daily Formula +D3 is the substantial vitamin D content included, reducing the need for additional supplements. Finally, for those who prefer not to swallow pills, the vegan capsules can be opened and the contents added to food or drink.

What makes it unique?



Designed specifically for women

Women's Daily Formula +D3 contains maitake mushroom, since dietary mushrooms may support breast health.⁴ Also included is a small amount of taurine, an amino acid that may support athletic performance in physically active women, especially those who follow a plant-based diet.^{5,6**}

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 current as possible. Dr. Fuhrman continually improves the quality of Women's Daily Formula +D3, adjusting its contents to stay current with new scientific research.

Free of potentially harmful ingredients

Certain nutrients, in isolated supplement form, are potentially harmful—these include vitamin A, beta-

WOMENS DAILY + D3

Product Features

- Designed specifically for women
- 100% vegan
- Contains maitake mushroom extract
- Taurine may improve 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**
- Whole food derived nutrients and whole food extracts
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- Gluten-free
- Packaged in post-consumer resin (PCR)



Women's Daily Formula +D3 includes whole food derived nutrients: in addition to vitamin K2 derived from flower extracts, vitamin C from acerola fruit and iodine from kelp; and calcium from seaweed.

carotene, vitamin E, folic acid, and copper.^{1-3**} Despite these dangers, almost all multivitamins on the market still include these ingredients. Women's Daily Formula +D3 does not.

50 mcg (2000 IU) vegan vitamin D3

Vitamin D has recently emerged as a crucial nutrient for many facets of health, and one of which most people don't get enough.⁷ Most multivitamins only contain about 10 mcg (400) IU of vitamin D, but Women's Daily Formula +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, which is an important nutrient for bone health, is produced by microorganisms and is low in plant foods. K2 drives chemical reactions that control bone formation, and getting sufficient K2 may help to maintain bone density — an important concern for women. Observational studies also suggest that getting adequate K2 may have cardiovascular benefits.⁸ Dr. Fuhrman's Women's Daily Formula +D3 includes Vitamin K2 to assure adequacy of this crucial nutrient. Also, the vitamin K2 is derived from flower extracts, a more bioavailable form than synthetic vitamin K1.**

Whole food derived nutrients and whole food extracts

Women's Daily Formula +D3 includes whole food derived nutrients: in addition to vitamin K2 derived from flower extracts, vitamin C from acerola fruit; iodine from kelp; and calcium from seaweed. Additionally, 17 different whole-food extracts, including kale, acai, watercress, and goji berry, have been added to supply additional phytochemicals and maximize the antioxidant benefit of the supplement.**

1. Bjelakovic G, Nikolova D, Gluud LL, et al. **Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases.** Cochrane Database Syst Rev 2012, 3:CD007176.
2. Baggott JE, Oster RA, Tamura T. **Meta-analysis of cancer risk in folic acid supplementation trials.** Cancer Epidemiol 2011.
3. Brewer GJ. **Risks of copper and iron toxicity during aging in humans.** Chem Res Toxicol 2010, 23:319-326.
4. Li J, Zou L, Chen W, et al. **Dietary mushroom intake may reduce the risk of breast cancer: evidence from a meta-analysis of observational studies.** PLoS One 2014, 9:e93437.
5. Schaffer SW, Jong CJ, Ramila KC, Azuma J. **Physiological roles of taurine in heart and muscle.** J Biomed Sci 2010, 17 Suppl 1:S2.
6. Rana SK, Sanders TA. **Taurine concentrations in the diet, plasma, urine and breast milk of vegans compared with omnivores.** Br J Nutr 1986, 56:17-27.
7. Wacker M, Holick MF. **Vitamin D - effects on skeletal and extraskeletal health and the need for supplementation.** Nutrients 2013, 5:111-148.
8. Beulens JW, Booth SL, van den Heuvel EG, et al. **The role of menaquinones (vitamin K(2)) in human health.** Br J Nutr 2013, 110:1357-1368.

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)(Aquamin™ 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) (Aquamin™ 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	*
Fruit, Veggie and Greens Blend:	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 Formula is vegan and does not contain dairy, soy, wheat or GMOs.

For more detailed information about this supplement, visit
<http://www.drfuhrman.com/shop/222/multivitamins>