

Trilogy Women

Supplement Facts

Serv. Size 1 packet (2 capsules, 1 softgel) Serv. per container 30

Amount per serving	% Daily Value	
Calories	10	
Calories from fat	10	
Total Fat	1 g	2%*
Polyunsaturated Fat	1 g	**
Vitamin A (from plant carotenoids)	300 i.u.	6%
Vitamin C (from plants)	30 mg	50%
Iron (from plants)	5.4 mg	30%
Vitamin D3 (as cholecalciferol)	1,000 i.u.	250%
Vitamin E (from plants)	30 i.u.	100%
Thiamin (Vitamin B1 from plants)	7.5 mg	500%
Riboflavin (Vitamin B2 from plants)	7.5 mg	441%
Niacin (Vitamin B3 from plants)	10.5 mg	53%
Pyridoxine (Vitamin B6 from plants)	15 mg	750%
Folate (Vitamin B9 from plants)	120 mcg	30%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin (from plants)	30 mcg	<1%
Pantothenic acid (Vitamin B5 from plants)	18 mg	180%
Magnesium (from plants)	0.6 mg	<1%
Zinc (from plants)	2.25 mg	15%
Selenium (from plants)	21 mcg	23%
Copper (from plants)	0.45 mcg	<1%
Manganese (from plants)	0.6 mg	26%
Potassium	5 mg	<1%

100% Certified Organic Vitamins & Minerals

Orgen-Her™ certified organic extracts 300 mg **
from curry leaves, guava fruit lemon peel, amla fruit, holy basil
aerial parts, annatto seeds

Probiotic Blend (20B total cfu at date of manufacture from 12 Strains)

Lactobacillus acidophilus HA-122	2 Billion	**
Lactobacillus rhamnosus HA-111	2 Billion	**
Lactobacillus rhamnosus B HA-114	2 Billion	**
Lactobacillus paracasei HA-108	2 Billion	**
Lactobacillus plantarum HA-119	2 Billion	**
Bifidobacterium breve HA-129	2 Billion	**
Bifidobacterium longum HA-135	2 Billion	**
Lactococcus lactis HA-136	2 Billion	**
Propionibacterium shermanii HA-182	2 Billion	**
Bifidobacterium bifidum HA-132	1 Billion	**
Streptococcus thermophilus HA-110	0.6 Billion	**
Lactobacillus helveticus HA-128	0.4 Billion	**

Omega-3 Fish Oils 1000 mg **

(Mercury Free, from Anchovies)

EPA (Eicosapentaenoic acid, triglyceride form), 360mg
DHA (Docosahexaenoic acid, triglyceride form), 270mg

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established

Other Ingredients (Multi) hypromellose, microcrystalline cellulose, silica, medium chain triglycerides oil, ascorbyl palmitate, **(Probiotics)** potato starch, hydroxyl-propylmethyl-cellulose (veg. capsule), magnesium stearate, citric acid **(Fish Oil)** gelatin, vegetable glycerin, natural lemon oil, sunflower oil, natural mixed tocopherols, purified water. Contains: milk. Trace amounts of milk residues were detected as a byproduct of the probiotic growth cycle.

Trilogy Men

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Selenium (from plants)	21 mcg	23%
Copper (from plants)	0.45 mcg	<1%
Manganese (from plants)	0.6 mg	26%
Chromium (from plants)	36 mcg	30%
Potassium	5 mg	<1%

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