

Solgar's Female Multiple Tablets are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59-86°F (15-30°C). Store away from heat, light and moisture.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† Fully reacted chelates. Abbrev process patent No. 5,516,925 and 6,716,814. Chelatomes.

†† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Abbrev process patent No. 5,516,925 and 6,716,814.

††† Not Genetically Modified, Soy From Nature.™

\*\* Naturally occurring; therefore amount may vary.

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

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Since **SOLGAR®** 1947

# FEMALE MULTIPLE

ADVANCED PHYTONUTRIENT  
MULTIPLE VITAMIN, MINERAL  
AND HERBAL FORMULA FOR WOMEN

DIETARY SUPPLEMENT

60 TABLETS  
SUITABLE FOR VEGETARIANS  
SUGAR AND STARCH FREE



CAREFULLY MANUFACTURED BY:  
**SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.**

## Supplement Facts

Serving Size 3 tablets  
Servings Per Container 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	15	Manganese.....	2 mg.....100%
Total Carbohydrate.....	1%*	(as manganese glycinate†)	
Dietary Fiber.....	2 g.....8%	Chromium.....	100 mcg.....167%
Protein.....	8 g.....16%	Chromium nicotinate.....	50 mcg.....67%
Vitamin A.....	15,000 IU.....300%	Molybdenum.....	50 mcg.....1%
(as natural beta-carotene)		Sodium**.....	25 mg.....5%
Vitamin C.....	400 mg.....667%	(as potassium glycinate complex)	
(as L-ascorbic acid, rhamnolide ascorbate)			
Vitamin D.....	400 IU.....100%	Chitosan.....	100 mg.....
(as cholecalciferol)		Chitosan (marine biotech)	100 mg.....
Vitamin E.....	400 IU.....1333%	Isolated.....	100 mg.....
(as D-alpha-tocopheryl succinate)			
Vitamin K.....	20 mcg.....25%	Paneline.....	7 mg.....
(as phytonadione)		Cocoylamine.....	6 mg.....
(as inositol monitrate)	50 mg.....333%	Phosphatidylcholine.....	6 mg.....
Riboflavin.....	50 mg.....2941%	Biotin-5-Phosphate.....	500 mcg.....
Niacin.....	60 mg.....300%	Boron.....	500 mcg.....
(as nicotinamide ascorbate, nicotin)		(as boron glycinate complex)	
Vitamin B6.....	50 mg.....2500%	Dong Quai Extract (4:1)	25 mg.....
(as pyridoxine HCl)		(as Dong Quai Extract 4:1)	
Folic Acid.....	800 mcg.....200%	Uva Ursi Extract (4:1)	25 mg.....
(as calcium folinate)		(leaf) (Aronia/Pylos uva ursi)	
Vitamin B12.....	200 mcg.....333%	Chaste Extract (4:1) (berry), 25 mg.....	
(as cyanocobalamin)		(Mistletoe extract)	
Biotin.....	300 mcg.....100%	Standardized Soy Isoflavone.....	25 mg.....
Pantoic Acid.....	80 mg.....800%	Cardamom Mat.....	172 mcg.....
(as D-Ca pantothenate)		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Calcium.....	400 mg.....40%		
(as calcium carbonate, calcium citrate)			
Iron.....	18 mg.....100%		
(as iron bisglycinate††)			
Iodine.....	150 mcg.....100%		
(as potassium iodide)			
Magnesium.....	400 mg.....100%		
(as magnesium oxide, glycinate chelate†)			
Manganese.....	30 mcg.....200%		
Zinc.....	30 mg.....200%		
(as zinc glycinate†)			
Selenium.....	200 mcg.....286%		
Copper.....	1.5 mg.....75%		
(as copper glycinate†)			

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Starch Acid, Titanium Dioxide, Red Beet Powder (color), Vegetable Magnesium Stearate, Vegetable Glycerin.

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

PEEL HERE

Solgar's Super Concentrated Isoflavones Tablets are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

To assure freshness and potency, store at room temperature 15°-30°C (59°-86°F). Store away from heat, light and moisture.

Formulated for adults.

Keep out of reach of children.

Carefully Manufactured By:  
Solgar Vitamin and Herb  
Leonia, N.J. 07605 U.S.A.

For more information, call toll-free  
1-877- SOLGAR 4.

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[www.solgar.com](http://www.solgar.com)



SUPER  
CONCENTRATED  
**ISOFLAVONES**  
**WITH GENISTEIN**  
**AND DAIDZEIN**

DIETARY SUPPLEMENT



**30 TABLETS**  
SUITABLE FOR VEGETARIANS  
SUGAR, SALT AND STARCH FREE

**PHYTONUTRIENT SOURCE**

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Tablet	%DV
Total Carbohydrate	1 g <1%*
Dietary Fiber	<1 g 3%*
Total Soy Isoflavones (from soy isoflavone extract) (seed)	38 mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Caramel, Titanium Dioxide, Vegetable Magnesium Stearate, Vegetable Glycerin, Carnauba Wax.

**SUGGESTED USE:** As a dietary supplement for adults, one (1) to two (2) tablets daily, preferably at mealtimes, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

This product is made from SoyLife™, a special isoflavone concentrate. SoyLife™ is a registered trademark of Schouten U.S.A., Inc.

SOYLIFE™

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.



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For more information, call toll-free 1-877-SOLGAR 4



Since 1947

# PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL  
FORMULA FOR PREGNANT  
AND LACTATING WOMEN

DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGETARIANS  
SUGAR AND STARCH FREE

CAREFULLY MANUFACTURED BY: **SOLGAR, INC.**  
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

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Solgar® Prenatal Nutrients Tablets are free of yeast, wheat, dairy products and gluten and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation.

[www.solgar.com](http://www.solgar.com)

## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 15

Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women
Calories.....	10	Biotin.....	300 mcg 100%	Sodium.....	20 mg **
Total Carbohydrate.....	2 g <1%	Pantothenic Acid.....	10 mg 100%	Potassium.....	50 mg **
Dietary Fiber.....	1 g 4%	(as D-Ca pantothenate)		(as potassium gluconate, potassium amino acid complex)	
Vitamin A.....	5,000 IU 63%	Calcium.....	1,300 mg 100%	Inositol.....	10 mg **
(as natural beta-carotene)		(as calcium carbonate, calcium citrate)		(as choline bitartrate)	
Vitamin C.....	100 mg 167%	Iron.....	27 mg 150%	Carotenoid Mix.....	57 mcg **
(as L-ascorbic acid)		(as iron bisglycinate†)		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin D.....	400 IU 100%	Iodine.....	150 mcg 100%	Soy Protein Isolates/	
(as ergocalciferol)		(as potassium iodide)		Amino Acid Blend.....	160 mg **
Vitamin E.....	30 IU 100%	Magnesium.....	450 mg 100%	(L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Cysteine, L-Methionine)	
(as D-alpha-tocopheryl succinate)		(as magnesium oxide, magnesium citrate)			
Thiamin.....	1.7 mg 100%	Zinc.....	15 mg 100%		
(as thiamin mononitrate)		(as zinc oxide, zinc chelate)			
Riboflavin.....	2 mg 100%	Selenium.....	25 mcg **		
(as niacinamide)		(as L-selenomethionine)			
Niacin.....	20 mg 100%	Copper.....	2 mg 100%		
(as niacinamide)		(as copper gluconate, copper chelate)			
Vitamin B6.....	2.5 mg 100%	Manganese.....	2 mg **		
(as pyridoxine HCl)		(as manganese chelate, manganese gluconate)			
Folic Acid.....	800 mcg 100%	Chromium.....	25 mcg **		
Vitamin B12.....	8 mcg 100%	(as chromium picolinate (yeast-free))			
(as cobalamin)					

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Grapeskin (color), Titanium Dioxide, Silica, Vegetable Glycerin, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for pregnant and lactating women, take four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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Solgar's PM PhytoGen Complex™ Tablets are free of yeast, wheat, soy, dairy products and gluten and are formulated without the use of artificial preservatives, flavors, or colors.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

Smartabsorb™ proprietary process for proper assimilation of nutrients requiring specific absorption sites.

For more information, call toll-free

1-877-SOLGAR 4

[www.solgar.com](http://www.solgar.com)



PLATINUM EDITION

# PM PhytoGen COMPLEX™

(*Pueraria mirifica*)

DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGETARIANS

SUGAR, SALT AND STARCH FREE

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Folic Acid	200 mcg 50%	Standardized <i>Pueraria mirifica</i>	
Vitamin B12 (as cobalamin)	1000 mcg 16667%	Root Extract (Thai Kudzu) 80 mg *	
Biotin	25 mcg 8%	(† Miroestrol 16 mcg, Isoflavonoids 16 mcg)	
Pyridoxal-5-Phosphate	12.5 mg *		

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Methacrylic Acid, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet, two (2) times daily, preferably at mealtimes, or as directed by a healthcare practitioner.

† Validated Proprietary Analysis

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CAREFULLY MANUFACTURED BY:

SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.



CRAN FLORA is specially formulated to offer a comprehensive blend of highly concentrated Cranberry Powder, *L. Acidophilus*, and Ester-C® in a convenient 2 a day dosage form. This unique combination promotes and protects the health of the urinary tract and the intestines, while also supporting a healthy immune system. In just 2 vegetable capsules, CRAN FLORA provides the equivalent of 40,000 mg [40g] of fresh cranberries without the calories of juice!\*

Carefully Manufactured by:  
Solgar, Inc.  
500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

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CRANBERRY

# CRAN FLORA

## WITH PROBIOTICS

PLUS *Ester-C*®

*Urinary Tract Health\**  
*Immune & Intestinal*  
*Health Support\**

GLUTEN & WHEAT FREE  
SUITABLE FOR VEGETARIANS

60 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 2 Vegetable Capsules  
Servings Per Container: 30

Amount Per Serving	%DV
Vitamin C (as Ester-C® calcium ascorbate)	200 mg 333%
Cranberry (50:1 concentrate) (equivalent to 40,000 mg [40 g] of fresh cranberries)	800 mg **
<i>L. Acidophilus</i> Providing 6 billion microorganisms	60 mg **

\*\*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

**FREE OF: Gluten, Wheat, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) vegetable capsules daily, prior to meals or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Do not use if outer bottle seal is missing, torn or damaged in any way. **Refrigerate after opening.**

*Ester-C*® is a trademark of The Ester-C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

\*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.



Solgar's Standardized • Full Potency (SFP) Herbs are developed through a unique process that integrates the ideologies of both traditional herbalism and standardized herbal technology. To ensure consistent and reliable phytonutrient levels, we isolate a controlled amount of these important active plant compounds. Then, we blend these enhanced, "standardized" compounds with all of the components that occur naturally in the whole raw herb. The result is a potent, premium-quality standardized herbal extract with all of the synergistic and beneficial qualities found in nature. **Solgar's Black Cohosh Root Extract Plus Vegetable Capsules are free of sugar, salt, yeast, wheat, gluten, dairy and animal products and are formulated without the use of artificial preservatives, flavors or colors.**

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4 [www.solgar.com](http://www.solgar.com)

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PHYTO<sub>2</sub>X<sup>®</sup>  
SYSTEM



Since 1947

STANDARDIZED • FULL POTENCY™

# BLACK COHOSH ROOT EXTRACT PLUS

*(Cimicifuga racemosa)*

HERBAL SUPPLEMENT

60 VEGETABLE CAPSULES

SUITABLE FOR VEGETARIANS



## Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	%DV
Total Carbohydrate	<1 g <1%*
Standardized Black Cohosh Extract (root) (triterpene glycosides 5 mg [2.5%] as 27- deoxyactein)	200 mg **
Raw Black Cohosh Powder (root)	200 mg **
Soy Isoflavone Concentrate (seed) † (isoflavones 6 mg [3%])	200 mg **

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, **Phyto<sub>2</sub>X<sup>®</sup>** Blend (L-ascorbic acid, natural beta-carotene), Microcrystalline Cellulose.

**SUGGESTED USE:** As an herbal dietary supplement for adults, take one (1) vegetable capsule up to two (2) times daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

**Phyto<sub>2</sub>X<sup>®</sup>** is a special blend of antioxidants, the purpose of which is to maintain the freshness of the ingredients.

† Not Genetically Modified, Soy From Nature.™

Solgar's KOF-K certification #K-1250

CAREFULLY MANUFACTURED BY:

SOLGAR VITAMIN AND HERB

LEONIA, NJ 07605 U.S.A.



Solgar's Herbal Female Complex\* Vegetable Capsules are free of sugar, salt, yeast, wheat, gluten, dairy and animal products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Solgar's Herbal Female Complex is a scientifically advanced herbal combination formula for maintaining the normal health and well-being of the female.\*

**Phyto2X®** is a special blend of antioxidants, the purpose of which is to maintain the freshness of the ingredients.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4  
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PHYTO<sub>2</sub>X®  
SYSTEM



Since 1947

**STANDARDIZED • FULL POTENCY**™

# HERBAL FEMALE COMPLEX\*

\*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.

**HERBAL DIETARY SUPPLEMENT**  
**50 VEGETABLE CAPSULES**  
**SUITABLE FOR VEGETARIANS**

## Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	%DV	Amount Per Serving	%DV
Total Carbohydrate	<1 g <1%*	Black Cohosh Extract (root) (4:1)	100 mg **
Iron †	1 mg 6%	Motherwort Extract (aerial) (5:1)	75 mg **
Standardized Chaste Extract (berry) (agnuside 0.38 mg [0.5%])	75 mg **	Raw Astragalus Powder (root)	75 mg **
Standardized Dong Quai Extract (root) (ligustilide 0.75 mg [1%])	75 mg **	Raw Dong Quai Powder (root)	50 mg **
Soy Isoflavone Extract (seed) ††	100 mg **		
Standardized Milk Thistle Extract (seed) (total flavonoids including silymarin 40 mg [80%])	50 mg **		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Microcrystalline Cellulose, **Phyto2X®** Blend (L-ascorbic acid, natural beta-carotene).

**SUGGESTED USE:** As an herbal dietary supplement for adults, take one (1) vegetable capsule up to three (3) times daily, preferably at mealtime, or as directed by a healthcare practitioner.

† Naturally occurring; therefore amount may vary.

†† Not Genetically Modified, Soy From Nature.™

CAREFULLY MANUFACTURED BY:  
SOLGAR VITAMIN AND HERB  
LEONIA, NJ 07605 U.S.A.

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Solgar Vitamin and Herb

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**CRAN FLORA with  
Probiotics Plus *Ester-C*<sup>®</sup>**  
Vegetable Capsules

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Urinary Tract  
Support\*

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Immune Health\*

---

Intestinal Health\*

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\*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.



Cranberries (*Vaccinium macrocarpon*) are native to North America and are members of the same botanical family as blueberries and bilberries. They naturally contain the health supporting benefit of proanthocyanidins. Cranberries remove unwanted compounds from the urinary tract, thereby cleansing waste products from the body.\*

*L. acidophilus* is a natural probiotic found in fermented foods, such as yogurt, and in the gastrointestinal tract—where a large percentage of the body’s immune system is located. It is thought that probiotics colonize the small intestine, helping to promote a proper balance of intestinal flora while encouraging a favorable environment for the absorption of nutrients. *L. acidophilus* supports normal, healthy immune function.\*

Vitamin C also plays an important role in supporting immune function.\* Ester-C® is a buffered, non-acidic form of vitamin C formulated to be gentle on the stomach. This patented, researched form utilizes naturally-occurring vitamin C metabolites to increase the absorption and bioavailability of this essential nutrient.\*

Much research supports the benefits of cranberry for urinary health<sup>1-5</sup> and probiotics (in particular *L. acidophilus*) for intestinal<sup>6,7</sup> support.\* Studies indicate that vitamin C helps promote immune system health.\*<sup>8,9</sup>

Solgar’s CRAN FLORA Vegetable Capsules provide a comprehensive blend of highly concentrated cranberry powder, *L. acidophilus*, and Ester-C® to help promote and protect the health of the urinary tract and the intestines, while also supporting a healthy immune system.\*

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### Solgar CRAN FLORA with Probiotics Plus Ester-C® Vegetable Capsules Facts

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- Offers 800 mg of cranberry powder in a 50:1 concentrate per serving—equivalent to 40,000 mg (40 g) of fresh cranberries—without the calories of juice!
- Provides 200 mg of vitamin C as Ester-C® calcium ascorbate (a buffered, non-acidic form of vitamin C designed to be gentle on the stomach)
- Supplies 60 mg of *L. acidophilus*, providing 6 billion microorganisms
- A convenient dosage (2 vegetable capsules daily)
- Suitable for vegetarians
- Free of gluten, wheat, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives, and color

For specific label information, please log on to [www.solgar.com](http://www.solgar.com).

**\*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.**

#### References:

1. *Br J Community Nurs.* 2003;8(12):557-61.
2. *BMJ.* 2001;322(7302):1571.
3. *Clin Microbiol Infect.* 2008;14(4):350-5.
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5. *JAMA.* 1994;271(10):751-4.
6. *J Clin Gastroenterol.* 2004;38(6 Suppl):S104-6.
7. *Adv Ther.* 2003;20(5):253-60.
8. *Adv Ther.* 2008;25(10):995-1009.
9. *Adv Ther.* 2002;19(3):151-9.

This project was printed on paper made from 50% wood fiber from sustainably-managed forests and 50% post-consumer recycled fiber. Using this paper enabled us to save the following:

1.3 Trees, 561.3 gal Water, 122.3 lbs Air Emissions, 62 lbs Solid Waste

Source: [www.mohawkpaper.com](http://www.mohawkpaper.com)

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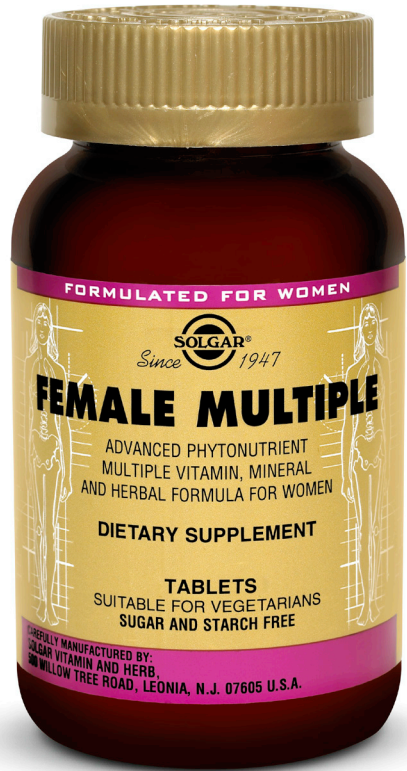
## Solgar Vitamin and Herb

500 Willow Tree Road, Leonia, NJ 07605 [www.solgar.com](http://www.solgar.com)

# Extraordinary Nutrition for Extraordinary Women

## SOLGAR FEMALE MULTIPLE TABLETS

- A convenient dosage – 3 tablets daily
- Offers Calcium, Magnesium, Vitamin K, and Boron to help promote bone health\*
- Supplies 800 mcg of Folic Acid, a nutrient that is essential during childbearing years\*
- Along with Folic Acid, includes Vitamins B6 and B12 to help support heart health\*
- Features antioxidants, including a carotenoid mix, Vitamin C, and Vitamin E, to help fight free radicals\*
- Provides an herbal blend, including Dong Quai, Uva Ursi, Black Cohosh, and Milk Thistle
- Includes the coenzymated (active) forms of Riboflavin and Vitamin B6
- Supplies Albion chelated minerals for optimal absorption – including a unique form of Iron formulated to be gentle on the stomach†
- Offers Non-GMO Soy Isoflavone Extract††
- Gluten, wheat, and dairy free



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†Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814 Chelazomes.

††Not Genetically Modified, Soy from Nature.™

**SOLGAR VITAMIN AND HERB** 500 WILLOW TREE ROAD, LEONIA, NJ 07605 [www.solgar.com](http://www.solgar.com)

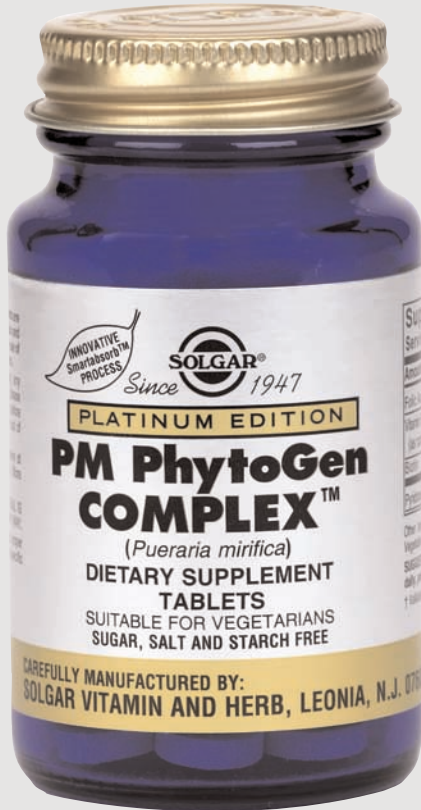
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SOLGAR

PM PhytoGen Complex™  
(*Pueraria mirifica*) Tablets

hot flash relief\*

restful sleep\*



positive mood\*

\*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.

When women reach menopause, their bodies produce less estrogen. This can cause an array of uncomfortable symptoms as their systems adapt to the changing levels of hormones. Certain plant constituents, called phytoestrogens, weakly imitate human estrogen to restore hormonal balance.\* However, some phytoestrogens are more powerful than others. Solgar's PM PhytoGen Complex™ includes Thai Kudzu extract (*Pueraria mirifica*), standardized to contain 16 mcg per tablet of miroestrol – the most active phytoestrogen yet discovered.

True *Pueraria mirifica*, which grows only in two provinces in Thailand, has a long history of traditional use for promoting youthful skin and hair, strength, and vitality. In fact, use of the herb dates back nearly 1,000 years. Modern research has discovered that this particular species of Thai Kudzu contains a complex of phytoestrogens, including miroestrol, which makes it ideal for relieving symptoms of menopause.\*

Unlike phytoestrogens contained within red clover and soy, such as genistein and daidzein, miroestrol is bio-similar to human estrogen – making it many times more powerful.\*<sup>1,2</sup> Initial human studies have found miroestrol-containing Thai Kudzu effectively relieves common menopausal symptoms, including hot flashes, night sweats, headaches, mood instability, nervousness, and fatigue.\*<sup>3,4</sup>

Selecting the correct species of Thai Kudzu is essential to a quality product. Solgar uses a patented analytical procedure to validate PM PhytoGen Complex's™ miroestrol content. Select B vitamins further address the emotional stress and fatigue that come with menopause.\*

PM PhytoGen Complex™ is manufactured using Solgar's proprietary Smartabsorb™ process, which enteric-coats select ingredients to ensure proper absorption.

#### Solgar PM PhytoGen Complex™ Tablets Facts:

- Offers 80 mg of Thai Kudzu (*Pueraria mirifica*), standardized to contain 16 mcg of miroestrol, per serving
- A convenient dosage (2 tablets daily)
- Suitable for vegetarians
- Sugar, salt, and starch free
- Free of yeast, wheat, soy, dairy products, and gluten
- Formulated without the use of artificial preservatives, flavors, or colors

For specific label information, please log on to [www.solgar.com](http://www.solgar.com).

\*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.

#### References:

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3. Chandeying V, et al. Preliminary efficacy and safety of partially purified *Pueraria mirifica* (Kwao Keur Kao) for the treatment of vasomotor symptoms in perimenopausal women; The Thai phase I study. 2001. Unpublished.
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SOLGAR VITAMIN AND HERB

500 WILLOW TREE ROAD, LEONIA, NJ 07605 USA

[WWW.SOLGAR.COM](http://WWW.SOLGAR.COM)