



Pro Health Services

HEALTH for WOMEN*

Health for Women* is the only woman's high potency full spectrum multiple vitamin mineral supplement to contain 56 nutrients including those most important for today's woman such as calcium (for bone health), iron (for healthy red blood cells), beta-carotene, biotin (for nail and hair health), gamma linolenic acid from evening primrose oil, octacosanol, grape seed extract (a potent antioxidant important for maintaining capillary strength) and vegetarian digestive enzymes.*

Health for Women* is specifically designed to include nutrients vital to women's unique needs.*

- **Calcium:** Studies indicate that 80% of all American women are deficient in calcium. **Health for Women*** contains 100% of the RDA for Calcium.
- **Beta carotene:** The FDA has made the following recommendation: "Women of childbearing age are advised to choose fortified foods that contain Vitamin A in the form of beta-carotene rather than preformed Vitamin A, whenever possible." **Health for Women*** follows that recommendation by providing 15,000 IU of beta-carotene.*
- **L-Cysteine, L-Glutamine and DL-Methionine** are amino acids that are necessary for increased mental energy. They are in the pure crystalline form for immediate assimilation by the body.*
- **Gamma Linolenic Acid** is an essential fatty acid that is necessary for the production of hormone-like substances in the body known as prostaglandins, in particular prostaglandins from the E1 Series or PGE1. Aging, stress, PMS and obesity have all been associated with low levels of PGE1 in the body.*
- **Octacosanol** supports endurance, stamina and strength.*
- **Grape Seed Extract** is a rich source of a group of water-soluble bioflavonoids known as proanthocyanidins (PCOs). Grape Seed Extract is guaranteed to yield 95% PCOs.* PCOs are potent antioxidants and have also been shown to strengthen capillaries.* Bruising, varicose veins and abnormal menstrual bleeding are associated with weak capillaries.
- **Vegetarian Digestive Enzymes:** A proprietary blend of vegetarian digestive enzymes that aid the body in digesting and absorbing food nutrients.*

Supplement Facts

Serving Size: 2 Tablets

Amount Per Serving

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| Vitamin A (100% Beta Carotene) | 7,500 IU |
| Vitamin C (as Ascorbic Acid and Ca Ascorbate) | 500 mg |
| Vitamin D3 (as Cholecalciferol) | 200 IU |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 200 IU |
| Vitamin K1 (Phytonadione) | 2.5 mcg |
| Thiamin | 35 mg |
| Riboflavin | 35 mg |
| Niacin (as Niacinamide & Niacin) | 35 mg |
| Vitamin B6 | 35 mg |
| (as Pyridoxine HCl and Pyridoxal 5-Phosphate) | 35 mg |
| Folic Acid | 250 mcg |
| Vitamin B12 (as Methylcobalamin) | 35 mcg |
| Biotin | 300 mcg |
| Pantothenic Acid (as Ca Pantothenate) | 35 mg |
| Calcium (as Ca Carbonate and Ca Citrate) | 500 mg |
| Iron (as Fe Aspartate, Fe Glycinate & Fe Fumarate) | 9 mg |
| Iodine (from kelp) | 35 mcg |
| Magnesium (as Mg Carbonate) | 180 mg |
| Zinc (as Zn Gluconate) | 10 mg |

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| Selenium (as Se AAC & Selenomethionine) | 25 mcg |
| Copper (as Cu AAC) | 0.025 mg |
| Manganese (as Mn Gluconate) | 2.5 mg |
| Chromium (as Cr Polynicotinate) [†] | 25 mcg |
| Molybdenum (as Mo AAC) | 25 mcg |
| Potassium (as K Citrate) | 25 mg |
| Boron (as B AAC) | 0.5 mg |
| Nickel (as Ni Sulfate) | 0.25 mcg |
| Silicon (from Horsetail Rush) | 3 mg |
| Vanadium (as Vanadyl Sulfate) | 10 mcg |
| Choline (as Choline Citrate & Bitartrate) | 35 mg |
| Inositol | 35 mg |
| PABA (Para-aminobenzoic acid) | 35 mg |
| L-Cysteine (Enteric Coated) | 50 mg |
| L-Glutamine | 50 mg |
| DL-Methionine (Enteric Coated) | 50 mg |
| L-Aspartic Acid | 75 mg |
| Octacosanol (from sugar cane) | 500 mcg |
| Soy Lecithin | 50 mg |
| Grape Seed Extract | 10 mg |
| Gamma Linolenic Acid (from primrose oil) | 5 mg |
| RNA (ribonucleic acid) | 5 mg |
| Mixed Citrus Bioflavonoids | 100 mg |
| Hesperidin | 12.5 mg |
| Rutin | 12.5 mg |
| Pectin | 12.5 mg |
| Betaine Hydrochloride | 10 mg |
| Bromelain | 2 mg |
| Papain | 2 mg |
| Cellulase Enzymes | 2 mg |
| A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase | 8 mg |

[†]ChromeMate® brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, calcium stearate, silicon dioxide, pharmaceutical glaze.

Contains: Soy.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If pregnant or nursing, consult your healthcare practitioner before taking this product.

WARNING: This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

Suggested Use: As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

ChromeMate® is a Registered Trademark of InterHealth N.I.

CHROMEMATE®

Distributed by
Pro Health Services
2975 Donnylane Blvd., Columbus, OH 43235
614-442-1600

www.prohealthservices.org

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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.