

VitaHer

For Human Body to function ideally, it must be given a wide range of essential Vitamins & Minerals through a variety of foods. Inability to consume this wide variety of foods may cause Vitamins & Minerals deficiencies leading to problems with your bones, eyes, heart, digestive & immune systems.

Now fulfillment of these Vitamins & Minerals is as simple as taking one tablet a day of VitaHer.

VitaHer promotes:

- Healthy Pregnancy
- Eye Sight
- Heart Function
- Bone Strength
- Dental Health
- Immune System

• Vita-Her Ingredients

Amount Per Serving	
Vitamin A 60% as Beta Carotene	2500 IU
Vitamin C (as Ascorbic Acid)	180 mg
Vitamin D3 (as Cholecalciferol)	1000 IU
Vitamin E (dl- α -tocopheryl acetate)	50 IU
Pantothenic acid (as d-Calcium Pantothenate)	10 mg
Calcium	250 mg
Vitamin B12 (cyanocobalamin)	6 mcg
Biotin	30 mcg
Vitamin K (as Phytonadione)	80 mcg
Vitamin B1	1.5 mg
Niacin (Niacinamide)	20 mg
Vitamin B6 (as Pyridoxine HCl)	2 mg
Folic Acid	600 mcg
Copper	2 mg
Riboflavin	1.7 mg
Magnesium	100 mg
Manganese	4 mg
Selenium	70 mcg
Zinc	15 mg
Chromium	120 mcg
Molybdenum	75 mcg
Iodine	150mcg
Iron	18mg