



Complete Essentials for Women II



The best defense against the challenges of changing physiological processes in postmenopausal women. The Women II formula ensures the proper balance of essential nutrients necessary to support these changes. Automatically ships with a FREE Arbonne Bio-Nutria® Calcium Plus.

Recommended For: Postmenopausal women.

When to Use: Morning and evening with meals.

Usage: 2 tablets daily. For maximum results, take with Calcium Plus.

Multivitamin & Minerals with Ginseng

"Senging" the Praises of Ginseng...

Ginseng has long been used in the East as an adaptogen, which is a substance that protects against physical and mental stress by accelerating the body's recovery from stress-provoking situations. Thus it has gained a considerable reputation for its anti-aging properties, and is considered a foundation in any health, vitality or longevity regimen.

In 1995, an English study showed that ginseng improved glucose tolerance in diabetics and borderline diabetics. Since stable glucose levels are critical to fat cell metabolism, the inclusion of Ginseng in the Arbonne Bio-Nutria® Complete Essentials products is also helpful for weight management.

Nutrient

Vitamin A
Vitamin C
Vitamin D
Vitamin E
Thiamin
Riboflavin
Niacin
Vitamin B6
Folate
Vitamin B12
Biotin
Pantothenic acid
Calcium
Iron
Iodine
Magnesium
Zinc
Selenium
Copper
Manganese
Chromium
Molybdenum
Ginseng

Source

beta carotene, retinyl palmitate
ascorbic acid
ergocalciferol
d-alpha tocopheryl acetate, mixed tocopherols
thiamine mononitrate
riboflavin
niacin
pyridoxine hydrochloride
folic acid
cyanocobalamin
biotin
calcium pantothenate
calcium carbonate
ferrous fumarate
potassium iodide
oxide
sulfate
proteinate
sulfate
sulfate
proteinate, amino acid chelate
proteinate
Siberian ginseng root

2 tablets contain:

Nutrients

Vitamin A (50% as Beta Carotene)
Vitamin C
Vitamin D
Vitamin E
Thiamin
Riboflavin
Niacin
Vitamin B6
Folate
Vitamin B12
Biotin
Pantothenic acid
Calcium
Iron
Iodine
Magnesium
Zinc
Selenium
Copper
Manganese
Chromium
Molybdenum
Ginseng

Amount

10,000 IU
240 mg
200 IU
90 IU
1.5 mg
1.7 mg
20 mg
3 mg
400 mcg
25 mcg
300 mcg
10 mg
400 mg
9 mg
75 mcg
200 mg
15 mg
50 mcg
2 mg
5 mg
100 mcg
50 mcg
50 mg

% Daily Value

200
400
50
300
100
100
100
150
100
416
100
100
40
50
50
50
100
70
100
250
83
66
*

*Daily Value not established