



# Complete Essentials for Women I



A formula which contributes to the special needs of today's health conscious, pre- and menopausal women. Formulated with the added benefits of Ginseng, Women I builds and balances the nutritional needs of a woman while enhancing good health and well-being. Automatically ships with a FREE Arbonne Bio-Nutria® Calcium Plus.

Recommended For: Premenopausal and menopausal 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  
Eleutherococcus

### 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:

<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Vitamin A (50% as Beta Carotene)	10,000 IU	200
Vitamin C	200 mg	334
Vitamin D	200 IU	50
Vitamin E	75 IU	250
Thiamin	3 mg	200
Riboflavin	3.4 mg	200
Niacin	20 mg	100
Vitamin B6	4 mg	200
Folate	400 mcg	100
Vitamin B12	9 mcg	150
Biotin	210 mcg	70
Pantothenic acid	10 mg	100
Calcium	400 mg	40
Iron	18 mg	100
Iodine	75 mcg	50
Magnesium	200 mg	50
Zinc	15 mg	100
Selenium	50 mcg	70
Copper	2 mg	100
Manganese	2 mg	100
Chromium	100 mcg	83
Molybdenum	50 mcg	66
Eleutherococcus	50 mg	*

\*Daily Value not established