

Manufactured by: Innate Response,  
P.O. Box 5244 Manchester, NH, 03108 Phone: 800-634-6342 / 603-216-0899



F1373B

Rev: 1 07/16

Lot#: \_\_\_\_\_  
Best Before: \_\_\_\_\_

# INNATE<sup>®</sup>

RESPONSE FORMULAS



*vis medicatrix naturae*

## Women's Multivitamin

INCLUDING METHYLATED  
FOLATE & B12

Multivitamin & Mineral  
Dietary Supplement

60 Tablets

## Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV
Vitamin A..... (beta carotene in carrot)	4000 IU	80
Vitamin C..... (ascorbic acid in organic orange)	200 mg	333
Vitamin D3..... (cholecalciferol in <i>S. cerevisiae</i> )	800 IU	200
Vitamin E... (mixed tocopherols [sunflower] in organic brown rice)	30 IU	100
Vitamin K1/K2..... (phytonadione/menaquinone-7 in cabbage)	80 mcg	100
Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i> )	1.5 mg	100
Vitamin B2 ... (riboflavin 5'-phosphate sodium in organic brown rice)	1.7 mg	100
Niacin..... (niacinamide in <i>S. cerevisiae</i> )	20 mg	100
Vitamin B6..... (P5P in organic brown rice)	6 mg	300
Folate..... (5-MTHF in broccoli)	400 mcg	100
Vitamin B12..... (methylcobalamin in <i>S. cerevisiae</i> )	10 mcg	167
Biotin..... (in organic brown rice)	300 mcg	100
Pantothenic Acid..... (calcium pantothenate in organic brown rice)	10 mg	100
Iron..... (mineral bound <i>S. cerevisiae</i> )	15 mg	83
Iodine..... (mineral bound <i>S. cerevisiae</i> )	150 mcg	100
Zinc..... (rice amino acid chelate)	15 mg	100
Selenium..... (mineral bound <i>S. cerevisiae</i> )	50 mcg	71
Copper..... (mineral bound <i>S. cerevisiae</i> )	150 mcg	8
Manganese..... (mineral bound <i>S. cerevisiae</i> )	2 mg	100
Chromium..... (mineral bound <i>S. cerevisiae</i> )	100 mcg	83
Molybdenum..... (mineral bound <i>S. cerevisiae</i> )	55 mcg	73
Potassium..... (mineral bound <i>S. cerevisiae</i> )	4 mg	<1
Choline..... (choline bitartrate)	200 mg	**

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

**Other Ingredients:** Silica, Stearic Acid, Plant Cellulose.

**Suggested Use:** 2 tablets daily, or as directed by your healthcare practitioner.

May be taken anytime throughout the day, even on an empty stomach.



At INNATE Response we share your belief that nothing is more important than restoring your body's innate ability to heal. To that end, we develop nutrient rich supplements that embrace the wholism of nature, helping you achieve optimal health.

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Learn more at: [www.innateresponse.com](http://www.innateresponse.com)

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