

# SPECTRA<sup>™</sup> WOMAN

**Spectra<sup>™</sup> Woman** is the only high potency full spectrum multiple vitamin mineral supplement to contain 56 nutrients including 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 free radical scavenger important for maintaining capillary strength) and vegetarian digestive enzymes.\*

- **Calcium: Spectra<sup>™</sup> Woman** contains 100% of the RDA for Calcium.
- **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 free radical scavengers and have also been shown to strengthen capillaries.\* Bruising and varicose veins 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.\*

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

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60 or 120

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (100% Beta Carotene) 2,250 mcg	250%	Chromium (as Cr polynicotinate)† 25 mcg	71%
Vitamin C (as Ascorbic acid and Ca Ascorbate) 500 mg	556%	Molybdenum (as Mo AAC) 25 mcg	56%
Vitamin D3 (as Cholecalciferol) 5 mcg (200 IU)	25%	Potassium (as K Citrate) 25 mg	1%
Vitamin E (as d-alpha Tocopheryl Succinate) 134 mg	893%	Boron (as B AAC) 0.5 mg	*
Vitamin K1 (Phytonadione) 2.5 mcg	2%	Nickel (as Ni Sulfate) 0.25 mcg	*
Thiamin 35 mg	2,917%	Silicon (from Horsetail Rush) 3 mg	*
Riboflavin 35 mg	2,692%	Vanadium (as Vanadyl Sulfate) 10 mcg	*
Niacin (as Niacinamide & Niacin) 35 mg	219%	Inositol 35 mg	*
Vitamin B6 (as Pyridoxine HCl & Pyridoxal 5-Phosphate) 35 mg	2,059%	PABA (Para-aminobenzoic acid) 35 mg	*
Folate 415 mcg DFE (Folic Acid 250 mcg)	104%	L-Cysteine 50 mg	*
Vitamin B12 (as Methylcobalamin) 35 mcg	1,458%	L-Glutamine 50 mg	*
Biotin 300 mcg	1,000%	DL-Methionine 50 mg	*
Pantothenic Acid (as Ca Pantothenate) 35 mg	700%	L-Aspartic Acid 75 mg	*
Choline (as Choline Citrate & Bitartrate) 35 mg	6%	Octacosanol (from sugar cane) 500 mcg	*
Calcium (as Ca Carbonate & Ca Citrate) 500 mg	38%	Soy Lecithin 50 mg	*
Iron (as Fe Aspartate, Fe Glycinate & Fe Fumarate) 9 mg	50%	Grape Seed Extract 10 mg	*
Iodine (from Kelp) 35 mcg	23%	Gamma Linolenic Acid (from primrose oil) 5 mg	*
Magnesium (as Mg Carbonate) 180 mg	43%	RNA (Ribonucleic Acid) 5 mg	*
Zinc (as Zn Gluconate) 10 mg	91%	Mixed Citrus Bioflavonoids 100 mg	*
Selenium (as Se AAC & Selenomethionine) 25 mcg	45%	Hesperidin 12.5 mg	*
Copper (as Cu AAC) 0.025 mg	3%	Rutin 12.5 mg	*
Manganese (as Mn Gluconate) 2.5 mg	109%	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	
		* Daily Value not established.	

†ChromMate<sup>®</sup> brand niacin-bound chromium.

**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.

**CHROMEMATE<sup>®</sup>**

ChromMate<sup>®</sup> is a Registered Trademark of InterHealth N.I.

\*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.

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**WEB:** [www.davincilabs.com](http://www.davincilabs.com) **E-MAIL:** [info@davincilabs.com](mailto:info@davincilabs.com) **PHONE:** 1-800-325-1776 **FAX:** 1-802-878-0549

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