

WOMEN OVER 40™

FOOD COMPOUND VITAMIN

Women Over 40™ is a Food Compound Vitamin designed to help women achieve balance, radiance, and wellness. As women age, they may experience physiological and emotional changes. To maintain a healthy balance through such changes, RightFoods™ created **Women Over 40™** to provide essential nutrients with nourishing whole foods and supportive herbs.

FOOD COMPOUND NUTRITION

Each vitamin and mineral in **Women Over 40™** is skillfully combined with a nourishing whole food extract. RightFoods™ whole food extracts are naturally rich in essential nutrients and a multitude of beneficial food compounds. Current research has identified food compounds to have several important health-promoting roles in the body, including acting as, potent antioxidants, immune stimulators and adaptogens known to help balance women's health systems.

It has been proven that a diet, comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in food compounds. Since the average American diet lacks enough servings of these nourishing foods per day, it is important to choose a Food Compound Vitamin. A Food Compound Vitamin will not only provide essential nutrients, but also all the right foods rich in food compounds.

NOURISHING HERBS

Over the centuries tonic whole herbs have effectively been used by women of all ages to help support, nourish and balance their physiology. The shift in hormonal levels that women experience related to aging may influence many health systems. The following herbs in **Women Over 40™** are known to balance and support the following health systems of the body:

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| Cardiovascular | <i>Hawthorn berry</i> is commonly used to promote heart health.
<i>Eleuthero</i> , formerly known as Siberian Ginseng, has been shown to normalize blood pressure. |
| Genital-Urinary | <i>Cranberry</i> , <i>Saw Palmetto</i> , and <i>Nettle Leaf</i> help to support genital-urinary health. |
| Hormonal Support | <i>Vitex</i> , <i>Wild Yam</i> , <i>Kudzu</i> , and <i>Licorice</i> are all known to help balance hormones. |
| Cognitive Support | <i>Ginkgo</i> is helpful in promoting healthy cognitive function. |
| Digestive Support | <i>Fennel</i> , <i>Chamomile</i> , <i>Turmeric</i> , and <i>Ginger</i> are all known to aid and support healthy digestion. |

Daily use of tonic whole herb extracts is safe, and helps to promote good health. Like food, whole herbs contain numerous beneficial compounds. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction *all* of the original compounds that each herb contained before extraction.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health, because each food compound class exhibits unique health-promoting activities in the body.

Women Over 40™ contains a select group of 32 foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **Women Over 40™** includes a broad range of foods such as spinach, soy, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, and more. No other multi-vitamin formula provides as much food or as many different foods as RightFoods™ Food Compound Vitamins.



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount per Serving		% Daily Value ▼
Vitamin A	(Vitamin A [†] , Carrot*)	5000 IU 100
Vitamin C	(Vitamin C, Orange*)	250 mg 417
Vitamin D	(D3, Alfalfa*)	200 IU 50
Vitamin E	(Tocopherols, Flax*)	100 IU 335
Vitamin K	(K1, Kale*)	60 mcg 75
Thiamine	(B1, Rice Bran*)	25 mg 1667
Riboflavin	(B2, Pumpkin Seed*)	25 mg 1471
Niacin	(B3, Green Papaya*)	25 mg 125
Vitamin B6	(B6, Green Pepper*)	25 mg 1250
Folic Acid	(Folate, Onion*)	800 mcg 200
Vitamin B12	(B12, Beet*)	75 mcg 1250
Biotin	(Biotin, Tomato*)	300 mcg 100
Pantothenic Acid	(B5, Cranberry*)	50 mg 500
Calcium	(AAC [†] , Hydrilla*)	200 mg 20
Iron	(AAC [†] , Kudzu*)	9 mg 50
Iodine	(Kelp*)	150 mcg 100
Magnesium	(AAC [†] , Alfalfa*)	100 mg 25
Zinc	(AAC [†] , Black Currant*)	15 mg 100
Selenium	(AAC [†] , Shiitake*)	50 mcg 71
Copper	(AAC [†] , Lemon Peel*)	200 mcg 10
Manganese	(AAC [†] , Wild Blueberry*)	2 mg 100
Chromium (GTF)	(AAC [†] , Apple*)	100 mcg 83
Molybdenum	(AAC [†] , Spinach*)	25 mcg 33
Carotenoids	(Beta Carotene, Carrot*)	5000 IU **
Lecithin	(Rice Bran*)	50 mg **
Choline	(Choline, Rice Bran*)	30 mg **
Potassium	(AAC [†] , Cabbage*)	30 mg **
Inositol	(Inositol, Orange Peel*)	30 mg **
PABA	(PABA, Spinach*)	5 mg **
Alpha Lipoic Acid	(Broccoli*)	5 mg **
Boron	(AAC [†] , Broccoli*)	3 mg **
Silicon	(AAC [†] , Green Pepper*)	1 mg **
Vanadium	(AAC [†] , Flax*)	15 mcg **

Complete Active Range™ Herbal Extracts: (safe to be taken on a daily basis):

Chaste Tree Berry 5:1	(Agnusides from 625 mg*)	125 mg **
Wild Yam Root 10:1	(Saponins, from 400 mg*)	40 mg **
Eleuthero 5:1	(Ginsenosides, from 175 mg*)	35 mg **
Nettle Leaf 4:1	(Glycosides, from 100 mg*)	25 mg **
Ginger Root 5:1	(Gingerols, from 100 mg*)	20 mg **
Ginkgo Leaf 8:1	(Ginkgosides from 160 mg*)	20 mg **
Hawthorn Berry 4:1	(Polyphenols from 80 mg*)	20 mg **
Turmeric Root 10:1	(Curcuminoids, from 200 mg*)	20 mg **
Saw Palmetto Berry 5:1	(Sterols from 100 mg*)	20 mg **
Licorice Root 4:1	(Triterpenes, from 60 mg*)	15 mg **
Chamomile Flower 4:1	(Sesquiterpenes, from 60 mg*)	15 mg **
Kudzu Root 10:1	(Isoflavones, from 100 mg*)	10 mg **
Green Oat Seed 4:1	(C-glycosyl, from 40 mg*)	10 mg **
Fennel Seed 4:1	(Sterols, from 40 mg*)	10 mg **

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1; Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); Polysaccharides (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); Organosulfurs (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); Lipids (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); Organic Acids (Ellagic Acid: Black Currant 3:1), (Courmaric Acid: Green Pepper 5:1) 795 mg **
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Total Food & Herb Fresh Weight is 8,515mg.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

‡ Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

COMPLETE ANTIOXIDANT ACTIVITY

The body's tissues and cells are continuously exposed to damaging molecules called free radicals. Free radicals are created in the body from everyday exposure to pollution, household chemicals, pesticides, and even from normal metabolic reactions. Food compounds and nutrients that protect the body from free radicals are referred to as antioxidants. Without ample amounts of antioxidants, the body is more susceptible to developing health conditions that are linked to damage caused by free radicals. The Complete Active Range™ in **Women Over 40™** provides you with complete antioxidant protection. Food compounds are antioxidants themselves and play an important role in strengthening your body's natural defenses to help lessen the effects of aging. For added protection, the antioxidant nutrients Alpha Lipoic Acid, Selenium, Vitamin E, Beta-carotene, and Vitamin C are also included in **Women Over 40™**.

VITAMINS ALONE ARE NOT ENOUGH

As the demand for dietary supplementation grew, vitamins and minerals were pharmaceutically isolated and manufactured into pills without food. Unfortunately, scientists noticed that the biological activity of these isolated nutrients was notably lower than the activity of the same nutrients combined with other compounds contained in food. To compensate for the lost biological activity of synthetic vitamins and minerals, higher doses were recommended. For decades people assumed that if they took a "complete" multi-vitamin, they would be getting all the nutrients they needed for good health. New research has shown that high dosages of vitamins and minerals cannot replace the health benefits of the missing food compounds. As scientists discovered the powerful health-promoting activities of food compounds in the body and their interaction with other nutrients, it became clear that *vitamins and minerals alone are not enough* for optimal health. **Food compounds are the key to complete nutrition and wellness.**

To ensure you are getting the health benefits from a Complete Active Range™ of food compounds with essential nutrients and supportive herbs choose **Women Over 40™** for your daily nutritional supplement.

For optimal results, health care professionals recommend taking **Women Over 40™** with RightFoods™ Daily Cal-Mag™ and Daily Antioxidants™. Additional Food Compound Vitamins by RightFoods™ includes: Digestive Care™, UnStress™, Daily Bone Care™, Daily Minerals™, and Daily C-500™. It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast. All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.

Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.

RightFoods™, Inc.

An FDA Registered Establishment

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Questions? Please call 800-634-6342, or speak directly to your health care professional.

www.right-foods.com

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