

**DIRECTIONS:** As a dietary supplement, take 3 tablets every day with water.

**STORAGE:** Keep tightly closed in a cool, dry place.

**\*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.**

**WARNING:** If a pre-existing thyroid condition exists, you should consult your physician before taking Total Health Women's Formula. Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

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MDINS101 / SUP P90F30 Rev. 05/08



# Total Health

## Women's Formula

- Promotes well-being for women\*
- Promotes healthy female metabolism\*
- Supports healthy thyroid function\*

WELLNESS  
nutrition

90 TABLETS 30-DAY SUPPLY DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

Amount Per Serving		% Daily Value**
Calcium (as dicalcium phosphate)	250 mg	25%
Phosphorus (as dicalcium phosphate)	200 mg	20%
L-Tyrosine	150 mg	**
Soy Protein Isolate	300 mg	**
Soy Isoflavone	37.5 mg	**
Guggul Extract	200 mg	**
Panax Ginseng Extract (rootlet and leaf)	200 mg	**
Kelp ( <i>Macro cystis pyrifera</i> ) (whole plant)	27.45 mg	**
Bladderwrack ( <i>Fucus vesiculosus</i> ) (leaf)	10 mg	**

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, dextrin, dextrose, lecithin, sodium carboxymethylcellulose, and sodium citrate.

**Beachbody Nutritionals' Total Health Women's Formula** is free of preservatives, wheat, corn, sucrose, starch, salt, and yeast.

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PPLBL305 / SUP P90F60 Rev. 05/08



# Total Health

## Women's Formula

- Promotes well-being for women\*
- Promotes healthy female metabolism\*
- Supports healthy thyroid function\*

WELLNESS  
nutrition

180 TABLETS 60-DAY SUPPLY DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 60

Amount Per Serving		% Daily Value**
Calcium (as dicalcium phosphate)	250 mg	25%
Phosphorus (as dicalcium phosphate)	200 mg	20%
L-Tyrosine	150 mg	**
Soy Protein Isolate	300 mg	**
Soy Isoflavone	37.5 mg	**
Guggul Extract	200 mg	**
Panax Ginseng Extract (rootlet and leaf)	200 mg	**
Kelp ( <i>Macro cystis pyrifera</i> ) (whole plant)	27.45 mg	**
Bladderwrack ( <i>Fucus vesiculosus</i> ) (leaf)	10 mg	**

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