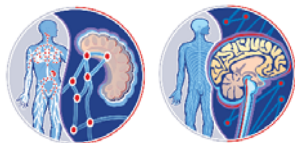




Her Daily One™ for Women Chewable

Quest Her Daily One™ for Women Chewable is a high-quality, well-balanced, one-a-day chewable multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of women. Formulated as a great-tasting chewable tablet, this supplement provides all the nutrients required for healthy skin, a strong immune system, and overall good health



PRODUCT CODE: 338288 (60 chewable tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy skin, immune function, and overall good health.	Chewable Tablets	Adults take 1 tablet daily with a meal or as directed by a health care practitioner. Take a few hours before or after taking medication.

DESCRIPTION:

Each great-tasting chewable tablet of Quest Her Daily One™ for Women Chewable contains 6000 IU of beta-carotene, 3000 IU of vitamin A, 200 IU of vitamin D (cholecalciferol), 50 IU of vitamin E (d-alpha-tocopheryl acetate), 125 mg of vitamin C (calcium ascorbate), 10 mg of thiamine, 10 mg of riboflavin, 10 mg of niacinamide, 10 mg of pantothenic acid (calcium d-pantothenate), 10 mg of vitamin B6 (pyridoxine HCl), 250 mcg of folate (folic acid), 15 mcg of vitamin B12 (cyanocobalamin), 50 mcg of biotin, 65 mg of calcium (phosphate dibasic), 65 mg of magnesium (oxide), 5 mg of iron (ferrous fumarate), 2.5 mg of zinc (oxide), 1000 mcg of copper (HVP*chelate), 1 mg of manganese (gluconate), 50 mcg of iodine (potassium iodide), 50 mcg of selenium (HVP* chelate), 25 mcg of chromium (HVP* chelate), 10 mcg of molybdenum (HVP* chelate), and 10 mcg of vanadium (HVP* chelate).

*Hydrolyzed vegetable protein

This product does not contain artificial colours or flavours, dairy, egg, gluten, lactose, shellfish, sulphites, or yeast

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources:

Beta Carotene: Orange/red fruits and vegetables such as carrots, winter squash, sweet potatoes, beets, tomatoes, peaches, cantaloupe, and dark green leafy vegetables such as spinach and collards. **Vitamin A:** Liver, eggs, butter, dairy products. **Vitamin D:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Thiamine (vitamin B1):** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Riboflavin (vitamin B2):** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Folate (folic acid):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables. **Iodine:** Sea vegetables, fish, shellfish, iodized salt. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Chromium:** Meat, liver, whole grains, brewer's yeast, cheese. **Molybdenum:** Meats, organ meats, whole grains, legumes, green leafy vegetables, depending on the molybdenum content of the soil. **Vanadium:** Black pepper, dill, parsley, mushrooms, shellfish.

Her Daily One™ for Women Chewable

Causes of Deficiency:

Beta Carotene: Lack of fruits and vegetables in the diet. **Vitamin A:** Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency. **Vitamin D:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Vitamin C:** Poor diet. **Thiamine (vitamin B1):** Poor diet, refined grains, high sugar intake, alcoholism. **Riboflavin (vitamin B2):** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Folate (folic acid):** Diet deficient in vegetables; alcoholism, some drugs. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Manganese:** Diet of refined foods. **Iodine:** Iodine-poor soil, overconsumption of goitrogenic foods (raw cruciferous vegetables, rutabagas, raw spinach). **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Chromium:** Refined foods, lack of exercise, antacids. **Molybdenum:** Deficiency unknown except in individuals receiving only intravenous nutrition. **Vanadium:** Deficiencies are not known.

Symptoms of Deficiency:

Beta Carotene: Oxidative damage such as premature aging, cataracts. **Vitamin A:** Night blindness, dry eyes, eye infection, skin problems, slowed growth, reproductive failure, susceptibility to infection and disease (weak immune system). **Vitamin D:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Thiamine (vitamin B1):** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Riboflavin (vitamin B2):** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Folate (folic acid):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision. **Copper:** Anemia unresponsive to iron, osteoporosis. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol. **Iodine:** Goiter, cretinism, intellectual disability, growth retardation, miscarriage, increased infant mortality. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Chromium:** Glucose intolerance, elevated blood sugar and insulin levels. **Molybdenum:** Inability to detoxify sulphites. **Vanadium:** Deficiencies are not known.

Her Daily One™ for Women Chewable

DESCRIPTION: (continued)

Complementary Nutrients:

Beta Carotene: Preformed vitamin A, bioflavonoids, fats in the diet. **Vitamin A:** Zinc, vitamin E. **Vitamin D:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Thiamine (vitamin B1):** Other B vitamins, magnesium. **Riboflavin (vitamin B2):** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Folate (folic acid):** Vitamin B12, vitamin B6, SAM-e, choline. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Magnesium:** Calcium, phosphorus, vitamin B6. **Iron:** Vitamin C. **Zinc:** A healthful diet. **Copper:** A healthful diet. **Manganese:** A healthful diet. **Iodine:** A healthful diet. **Selenium:** Other antioxidant nutrients. **Chromium:** A healthful diet. **Molybdenum:** A healthful diet. **Vanadium:** No known interactions.

HOW IT WORKS:

Multivitamin and mineral supplements provide a balanced dose of the basic vitamins and minerals in amounts that pose little or no risk of overdosing on any one nutrient. This formula has been designed to meet the unique needs of women, including iron, as heavy menstruation can sometimes cause iron deficiency anemia.

Beta-carotene: A precursor to vitamin A and an antioxidant. **Vitamin A:** Plays a role in the immune system and in the formation of healthy epithelial tissue. An antioxidant, it protects against damage to cells that can lead to cancer. **Vitamin D:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Thiamine (vitamin B1):** Protects against impaired mental function, required for proper energy production in the brain. **Riboflavin (vitamin B2):** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Folate (folic acid):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production.

Calcium: Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart.

Magnesium: Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system. **Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the



DID YOU KNOW...

Many studies indicate that most diets, even healthful ones, fall well below the Recommended Dietary Allowance for many nutrients.

HOW IT WORKS: (continued)

immune system. **Iodine:** Three-quarters of the iodine in the body is found in the thyroid gland, the remainder is found throughout the body, mostly in the fluid that bathes the cells. It is important in the proper functioning of the thyroid gland and is part of the thyroid hormones used to regulate metabolism, influencing physical and mental growth, the functioning of the nervous system and muscles, circulatory activity, and the metabolism of all nutrients. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Chromium:** Supplemental chromium is used in the treatment of impaired glucose tolerance (hypoglycemia and diabetes), elevated blood cholesterol and triglyceride levels, promotion of weight loss, and treatment of acne. **Molybdenum:** Plays a role as a coenzyme in enzymes that are involved in uric acid formation, alcohol detoxification, and detoxification of sulphites. **Vanadium:** Thought to be an essential nutrient that can be used in improving or mimicking insulin action for improved glucose tolerance (hypoglycemia and diabetes), elevated blood cholesterol and triglyceride levels, promotion of weight loss, and treatment of acne.

RESEARCH:

The efficacy of multivitamin and mineral supplementation is supported by a comprehensive report issued by the Council for Responsible Nutrition. The report states that ongoing use of multivitamins and minerals demonstrated a quantifiable positive impact in areas ranging from strengthening the immune system of elderly patients to drastically reducing the risk of neural tube birth defects such as spina bifida. In addition, an article in the *Journal of the American Medical Association* in 2002 recommended that all adults take a multivitamin daily, stating that this was justified by the known and suspected benefits of supplemental folate and vitamins B12, B6, and D in preventing cardiovascular disease, cancer, and osteoporosis.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

For adult use only.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

QUEST
MULTIVITAMINES ET MINÉRAUX
Pour femmes
Au quotidien pour elle^{MC}
à croquer
 NPN 80006417
 Aide au bon maintien de la peau et des fonctions immunitaires
 Sans colorants ou arômes artificiels
 60 comprimés à croquer

QUEST
MULTIVITAMINS & MINERALS
For Women
Her Daily OneTM
Chewable
 NPN 80006417
 Helps maintain healthy skin and immune function
 No artificial colours or flavours
 60 chewable tablets

Usage recommandé : Un facteur dans le maintien d'une bonne santé. Aide au maintien d'une peau saine et des fonctions immunitaires.
Dose recommandée (adultes) : Prendre 1 comprimé par jour avec un repas ou selon l'avis d'un praticien de soins de santé. Prendre quelques heures avant ou après avoir pris un médicament.

Ingredients médicinaux :
 Chaque comprimé contient :
 Vitamine A (beta-carotène).....800 mcg EAR/6000 IU
 Vitamine A (palmitate).....807 mcg EAR/3000 IU
 Vitamine D (cholecalciférol).....5 mcg/200 IU
 Vitamine E (d-alpha-tocophérol).....33.5 mg AT/50 IU
 Vitamine C (ascorbate de calcium).....125 mg
 Thiamine (mononitrate de thiamine).....10 mg
 Riboflavine.....10 mg
 Niacinamide.....10 mg
 Acide panthothémique (d-pantothénate de calcium).....10 mg
 Vitamine B6 (chlorhydrate de pyridoxine).....10 mg
 Folate (acide folique).....250 mcg
 Vitamine B12 (cyanocobalamine).....15 mcg
 Biotine.....50 mcg
 Calcium (phosphate dibasique).....65 mg
 Magnésium (oxyde).....65 mg
 Fer (tartrate ferreux).....5 mg
 Zinc (oxyde).....2.5 mg
 Cuivre (chélate de PVP).....100 mcg
 Manganèse (gluconate).....1 mg
 Iode (iodure de potassium).....50 mcg
 Sélénium (chélate de PVP)¹.....50 mcg
 Chromium (chélate de PVP)¹.....25 mcg
 Molybdène (chélate de PVP)¹.....10 mcg
 Vanadium (chélate de PVP)¹.....10 mcg
 *Préforme végétale hydrolysée.

Ingredients non médicinaux : sorbitol, dextrose, cellulose microcristalline, acide stéarique, stéarate de magnésium, dioxyde de silicium, acide citrique, sucralose, saveurs naturelles (carambole, framboise), colorant naturel (jus de betterave), hydroxypropyl cellulose.

Information sur les risques : Pour adultes seulement. Consulter un praticien de soins de santé si vous êtes enceinte ou allaitante.
⚠ Avertissement : Ce produit contient assez de fer pour nuire gravement à la santé d'un enfant. Ce produit ne contient aucune ingrédiente fallacieuse, œuf, gluten, lactose, crustacés, sulfites ou levure.

Recommended Use: A factor in the maintenance of good health. Helps to maintain healthy skin and immune function.
Recommended Dose (Adults): Take 1 tablet daily with a meal or as directed by a health care practitioner. Take a few hours before or after medication.

Medicinal Ingredients:
 Each tablet contains:
 Vitamin A (beta-carotene).....800 mcg EAR/6000 IU
 Vitamin A (palmitate).....807 mcg EAR/3000 IU
 Vitamin D (cholecalciferol).....5 mcg/200 IU
 Vitamin E (d-alpha-tocopherol acetate).....33.5 mg AT/50 IU
 Vitamin C (calcium ascorbate).....125 mg
 Thiamine (mononitrate).....10 mg
 Riboflavin.....10 mg
 Niacinamide.....10 mg
 Panthothenic Acid (calcium d-pantothenate).....10 mg
 Vitamin B6 (pyridoxine HCl).....10 mg
 Folate (folic acid).....250 mcg
 Vitamin B12 (cyanocobalamin).....15 mcg
 Biotin.....50 mcg
 Calcium (phosphate dibasic).....65 mg
 Magnesium (oxide).....65 mg
 Iron (ferrous fumarate).....5 mg
 Zinc (oxide).....2.5 mg
 Copper (PVP chelate).....100 mcg
 Manganese (gluconate).....1 mg
 Iodine (potassium iodide).....50 mcg
 Selenium (PVP chelate).....50 mcg
 Chromium (PVP chelate).....25 mcg
 Molybdenum (PVP chelate).....10 mcg
 Vanadium (PVP chelate).....10 mcg
 *Hydrolyzed Vegetable Protein.

Non-medicinal Ingredients: Sorbitol, dextrose, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide, citric acid, sucralose, natural flavors (raspberry, raspberry), natural colour (beet juice), hydroxypropyl cellulose.

Risk Information: For adult use only. Consult a health care practitioner prior to use if pregnant or breastfeeding.
 ⚠ Warning: There is enough iron in this package to seriously harm a child.
 This product does not contain dairy, egg, gluten, lactose, shellfish, sulfites or yeast.

Sealed for freshness and potency. DO NOT USE IF SEAL UNDER CAP IS BROKEN. SOUS LE CAP, LE SCÉLÉ ENFERME ET DÉTACHÉ, NE PAS UTILISER. LE SCÉLÉ DE SÉCURITÉ SOUS LE CAPSULE EST BRISÉ.

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RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.