



**A little  
boost to  
build more  
balance.**

## **Introducing Regular Girl® Multivitamin**

We all do our best to eat right, exercise more and reduce stress. Sometimes our bodies just need a little boost. Regular Girl Multivitamin delivers 21 different vitamins and minerals, so you can feel more balanced.

### *Regular Girl Multivitamin features:*

- **Vitamin B12 to help support energy production\***
- **Nutrients help to support healthy hair, skin and nails\***
- **High levels of vitamin C and zinc to support the immune system\***
- **200% of the daily value of vitamin D**
- **Highly bioavailable and gentle-on-the-stomach SunActive® Iron\***

**NEW!**  
Specially  
formulated  
for women





# Regular Girl Multivitamin

*A little boost to build more balance*

**Specially formulated for women,  
Regular Girl® Multivitamin features:**



## **Vitamin B12 to help support energy production\***

Vitamin B12 helps our cells produce energy from the foods we eat. When taken as a supplement, it's not bound to food and can be easier for some people to absorb. Because vitamin B12 deficiency is somewhat common, we provide 200% of the daily value to help ensure adequate intake of this essential nutrient.



## **200% of the daily value of vitamin D**

Vitamin D is one of the most prevalent deficiencies in the developed world. And while our bodies produce it naturally when exposed to the sun, many people don't produce enough Vitamin D during the winter. For these reasons, we formulated our multivitamin to provide 200% of your Vitamin D needs using the active form vitamin D3.



## **Nutrients to help support healthy hair, skin and nails\***

We know feeling your best also involves looking your best. That's why our multivitamin includes generous amounts of the nutrients known to support healthy hair, skin and nails. We also added antioxidants vitamin E and vitamin C.



## **Highly bioavailable and gentle-on-the-stomach SunActive Iron\***

Iron is an essential mineral and responsible for many body functions, including transporting oxygen as part of red blood cells. Iron deficiency leads to anemia, which is the most prevalent nutrient deficiency worldwide. Given that adult women need 225% more iron per day than adult men, we formulated our multivitamin with 100% of the daily iron needs for women. Better yet, we use SunActive Iron, so you won't experience that upset stomach feeling some iron supplements cause.\*



## **High levels of vitamin C and zinc to support the immune system\***

Vitamin C and zinc are two nutrients known to help support your immune system. For this reason, we provide ample amounts of both to ensure you get your daily essential nutrients.

GLUTEN FREE | NON-GMO | NON-DAIRY | BPA-FREE BOTTLE

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