



# Her Daily One™ for Mature Women 50+

*Quest Her Daily One™ for Mature Women 50+ is a high-quality, well-balanced, one-a-day multivitamin and mineral supplement designed specifically to meet the life-stage and gender needs of women over 50. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, bones, and teeth and the maintenance of good health.*



PRODUCT CODES: 338284 (90 capsules)  
338061 (200 capsules)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums.	Capsules	(Adults): Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication.

## DESCRIPTION:

Each easy-to-swallow capsule of Quest Her Daily One™ for Mature Women 50+ contains 1005 IU of Beta-carotene, 2500 IU of vitamin A, 5 mg of thiamine, 5 mg of riboflavin, 5 mg of niacinamide, 10 mg of pantothenic acid (calcium d-pantothenate), 500 mcg of folate (folic acid), 15 mg of vitamin B6 (pyridoxine HCl), 100 mcg of vitamin B12 (cyanocobalamin), 75 mg of vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate), 900 IU of vitamin D (cholecalciferol), 75 IU of vitamin E (d-alpha-tocopheryl succinate), 50 mcg of biotin, 150 mcg of iodine (potassium iodide), 225 mg of calcium (ascorbate, carbonate), 100 mcg of chromium (HVP\* chelate), 2000 mcg of copper (gluconate), 100 mg of magnesium (ascorbate, oxide), 2.5 mg of manganese (HVP\* chelate), 15 mg of potassium (citrate), 50 mcg of selenium (HVP\* chelate), and 7.5 mg of zinc (HVP\* chelate).

\*Hydrolyzed vegetable protein

This product does not contain dairy, egg, gluten, shellfish, or sulphites.

**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. **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. **Folate (folic acid):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Biotin:** Egg yolks, liver. **Iodine:** Sea vegetables, fish, shellfish, iodized salt. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Chromium:** Meat, liver, whole grains, brewer's yeast, cheese. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables. **Potassium:** Dairy products, fruits and vegetables. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

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## 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. **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. **Folate (folic acid):** Diet deficient in vegetables; alcoholism, some drugs. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Vitamin C:** Poor diet. **Vitamin D:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Biotin:** Rare; prolonged consumption of raw egg whites. **Iodine:** Iodine-poor soil, overconsumption of goitrogenic foods (raw cruciferous vegetables, rutabagas, raw spinach). **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Chromium:** Refined foods, lack of exercise, antacids. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Manganese:** Diet of refined foods. **Potassium:** Diet low in fruits and vegetables and high in sodium; prepared foods; excess fluid loss from sweating, diarrhea, or urination; diuretics, laxatives, Aspirin, and other drugs. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

## 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). **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. **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 B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Iodine:** Goiter, cretinism, intellectual disability, growth retardation, miscarriage, increased infant mortality. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Chromium:** Glucose intolerance, elevated blood sugar and insulin levels. **Copper:** Anemia unresponsive to iron, osteoporosis. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol. **Potassium:** Muscle weakness, fatigue, mental confusion, irritability, heart disturbances, problems in nerve conduction and muscle contraction. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

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## DESCRIPTION: (continued)

### Complementary Nutrients:

**Beta Carotene:** Preformed vitamin A, bioflavonoids, fats in the diet. **Vitamin A:** Zinc, vitamin E. **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. **Folate (folic acid):** Vitamin B12, vitamin B6, SAM-e, choline. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Biotin:** A healthful diet. **Iodine:** A healthful diet. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Chromium:** A healthful diet. **Copper:** A healthful diet. **Magnesium:** Calcium, phosphorus, vitamin B6. **Manganese:** A healthful diet. **Potassium:** Magnesium, sodium. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet.

## 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 over 50, including more calcium, magnesium, and vitamin D to help reduce the risk of osteoporosis; a good balance of B-complex vitamins, which help provide energy; extra vitamin E to help fight oxidative stress, which damages health and contributes to aging; and this formula is iron-free, as women over 50 are unlikely to become deficient in iron, as they are no longer menstruating.

**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. **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. **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 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. **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. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Vitamin D:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **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. **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. **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. **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.



### 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)**

**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. **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 immune system. **Potassium:** The most important dietary electrolyte, potassium functions in the maintenance of water balance and distribution, acid-base balance, muscle and nerve cell function, heart function, and kidney and adrenal function. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **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.

**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 published in the journal *Nutrition* in 2001 reported on a study that showed an improvement in every cognitive function except long-term memory in elderly subjects who were taking multivitamin and mineral supplements.

**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 matures 50+  
 Au quotidien pour elle<sup>MC</sup>  
 NPN 80009664  
 Aide au bon maintien de la peau, des os et des dents  
 Sans colorants, arômes ou agents de conservation artificiels

**QUEST**  
**MULTIVITAMINS & MINERALS**  
 For Mature Women 50+  
 Her Daily One<sup>TM</sup>  
 NPN 80009664  
 Helps maintain healthy skin, bones and teeth  
 No artificial colours, flavours or preservatives

**RECOMMANDÉ / Recommended Use:** Un facteur dans le maintien d'une bonne santé. Aide au développement et au maintien des os, des cartilages, des dents et des gencives. / A factor in the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums.

**Dose recommandée (adultes):** Prendre 1 capsule par jour avec le plus gros repas de la journée. Prendre quelques heures avant ou après avoir pris un médicament. / **Recommended Dose (Adults):** Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication.

**INGRÉDIENTS MÉDICINEUX / Medicinal Ingredients:** Chaque capsule contient: / Each capsule contains:

Béta-carotène	600 mcg RAE/1005 IU	Béta-carotène	600 mcg RAE/1005 IU
Vitamine A (palmitate)	755 mcg RAE/2500 IU	Vitamine A (palmitate)	755 mcg RAE/2500 IU
Thiamine (sulfhydrate de thiamine)	5 mg	Thiamine (thiamine HCl)	5 mg
Riboflavine	5 mg	Riboflavin	5 mg
Niacinamide	5 mg	Niacinamide	5 mg
Acide pantothénique (β-pantothénate de calcium)	10 mg	Pantothenic Acid (calcium D-pantothenate)	10 mg
Folate (sels de folate)	300 mcg	Folate (folic acid)	300 mcg
Vitamine B6 (sulfhydrate de pyridoxine)	15 mg	Vitamin B6 (pyridoxine HCl)	15 mg
Vitamine B12 (cyanocobalamine)	100 mcg	Vitamin B12 (cyanocobalamin)	100 mcg
Vitamine C (acide ascorbique, succinate de calcium, succinate de magnésium)	75 mg	Vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate)	75 mg
Vitamine D (cholecalcérol)	22,5 mcg/900 IU	Vitamin D (cholecalciferol)	22,5 mcg/900 IU
Vitamine E (succinate de tocoféryl isomères)	35 mg AI/715 IU	Vitamin E (d-α-tocopherol succinate)	35 mg AI/715 IU
Biotine	50 mcg	Biotin	50 mcg
Iodure de potassium	150 mcg	Iodine (potassium iodide)	150 mcg
Calcium (succinate de calcium, citrate de calcium)	225 mg	Calcium (succinate, carbonate)	225 mg
Chrome (sulfate de PVP)	100 mcg	Chromium (HPP chelate)	100 mcg
Cuivre (gluconate)	200 mcg	Copper (gluconate)	200 mcg
Magnésium (succinate, oxyde)	100 mg	Magnesium (succinate, oxide)	100 mg
Manganèse (sulfate de PVP)	2,5 mg	Manganese (HPP chelate)	2,5 mg
Potassium (chlorure)	15 mg	Potassium (chloride)	15 mg
Sélénium (sulfate de PVP)	50 mcg	Selenium (HPP chelate)	50 mcg
Zinc (sulfate de PVP)	7,5 mg	Zinc (HPP chelate)	7,5 mg

**INGRÉDIENTS NON MÉDICINEUX:** Stéarate de magnésium, dioxyde de silicium, gélatine. / **Non-medicinal ingredients:** Magnesium stearate, silicon dioxide, gelatin.

**Information sur les risques:** Pour adultes seulement. Éviter de prendre à jeun. Ce produit ne contient pas d'ingrédients laitier, oeuf, gluten, crustacés ou saumon. / **Risk Information:** For adult use only. Avoid taking on an empty stomach. This product does not contain dairy, egg, gluten, shellfish or salmon.

**PRENDRE DANS UN CORNU SEC ET FROID, TENIR HORS DE PORTÉE DES ENFANTS.** / **STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

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