



Her Daily One™ for Women

Quest Her Daily One™ for Women 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. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides all the nutrients required for healthy skin, a strong immune system, and overall good health.



PRODUCT CODES: 338053 (30 capsules)
 338283 (90 capsules)
 338060 (200 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy skin, immune function, and overall good health.	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 Women contains 1005 IU of Beta-carotene, 2500 IU of vitamin A, 5 mg of thiamine, 5 mg of riboflavin, 10 mg of niacinamide, 10 mg of pantothenic acid (calcium d-pantothenate), 800 mcg of folate (folic acid), 25 mg of vitamin B6 (pyridoxine HCl), 100 mcg of vitamin B12 (cyanocobalamin), 75 mg of vitamin C (ascorbic acid, calcium ascorbate, magnesium ascorbate), 800 IU of vitamin D (cholecalciferol), 50 IU of vitamin E (d-alpha-tocopheryl succinate), 450 mcg of biotin, 20 mcg of iodine (potassium iodide), 225 mg of calcium (ascorbate, carbonate), 100 mcg of chromium (HVP* chelate), 2000 mcg of copper (gluconate), 10 mg of iron (carbonyl), 80 mg of magnesium (ascorbate, oxide), 2.5 mg of manganese (HVP* chelate), 15 mg of potassium (citrate), 55 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. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **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. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **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. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **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. **Iron:** Vitamin C. **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, including more calcium and vitamin D to help reduce the risk of osteoporosis; more magnesium, which may help relieve PMS symptoms; more folic acid to protect against neural tube defects in infants, and women on the birth control pill may be deficient in folic acid; extra biotin, which may protect against brittle nails, and it supports healthy hair and skin; more vitamin B6 because of its role in the production of red blood cells and hemoglobin, which can help prevent anemia associated with menstruation; and 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. **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,



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)

cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune 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. **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 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
 90 capsules
 Aide au bon maintien de la peau et des fonctions immunitaires
 Sans colorants, arômes ou agents de conservation artificiels

QUEST
MULTIVITAMINS & MINERALS
For Women
Her Daily One
 90 capsules
 Helps maintain healthy skin and immune function
 No artificial colours, flavours or preservatives

Usage recommandé: Un facteur dans le maintien d'une bonne santé. Aide au bon maintien d'une peau saine et des fonctions immunitaires. **Dosage recommandé (adultes):** Prendre 1 capsule par repas le plus gros repas de la journée. Prendre quelques heures avant ou après avoir pris un médicament.

Recommended Use: A factor in the maintenance of good health. Helps to maintain healthy skin and immune function. **Recommended Dose (Adults):** Take 1 capsule daily with your largest meal of the day. Take a few hours before or after taking medication.

Ingrédients médicamenteux: Chaque capsule contient:
 Biotine (D-biotine)..... 600 mcg (1000 IU)
 Vitamine A (palmitate)..... 750 mcg (2500 IU)
 Vitamine B1 (thiamine)..... 5 mg
 Vitamine B2 (riboflavine)..... 5 mg
 Vitamine B3 (niacine)..... 10 mg
 Vitamine B5 (acide pantothémique)..... 10 mg
 Vitamine B6 (pyridoxine)..... 10 mg
 Vitamine B12 (cyanocobalamine)..... 100 mcg
 Vitamine C (acide ascorbique)..... 100 mg
 Vitamine D (cholecalcérol)..... 20 mcg (800 IU)
 Vitamine E (succinate de D- α -tocophérol)..... 33,3 mg (600 IU)
 Biotine..... 600 mcg
 Biotine (D-biotine)..... 600 mcg
 Calcium (succinate de calcium)..... 225 mg
 Chrome (picolinate de PVP)..... 100 mcg
 Cuivre (gluconate)..... 2000 mcg
 Fer (carbonate)..... 10 mg
 Magnésium (succinate de Mg)..... 10 mg
 Manganèse (chélate de PVP)..... 2,5 mg
 Potassium (chlorure)..... 15 mg
 Sélénium (chélate de PVP)..... 25 mcg
 Zinc (chélate de PVP)..... 7,5 mg
 * Ingrédients végétaux hydrophobes
 Ingrédients non médicamenteux: stéarate de magnésium, dioxyde de silicium, glycérine.

Medicinal Ingredients: Each capsule contains:
 Biotin..... 600 mcg (1000 IU)
 Vitamin A (palmitate)..... 750 mcg (2500 IU)
 Thiamine (thiamine HCl)..... 5 mg
 Riboflavin..... 5 mg
 Nicotinamide..... 10 mg
 Panthothenic acid (calcium D-pantothenate)..... 10 mg
 Folate (folic acid)..... 100 mcg
 Vitamin B6 (pyridoxine HCl)..... 10 mg
 Vitamin B12 (cyanocobalamin)..... 100 mcg
 Vitamin C (ascorbic acid, calcium ascorbate)..... 100 mg
 Magnesium ascorbate..... 10 mg
 Vitamin D (cholecalciferol)..... 20 mcg (800 IU)
 Vitamin E (D- α -tocopheryl succinate)..... 33,3 mg (600 IU)
 Biotin..... 600 mcg
 Biotin (D-biotin)..... 600 mcg
 Calcium (ascorbate, carbonate)..... 225 mg
 Chromium (PVP chelate)..... 100 mcg
 Copper (gluconate)..... 2000 mcg
 Iron (carbonate)..... 10 mg
 Magnesium (succinate, oxide)..... 10 mg
 Manganese (PVP chelate)..... 2,5 mg
 Potassium chloride..... 15 mg
 Selenium (PVP chelate)..... 25 mcg
 Zinc (PVP chelate)..... 7,5 mg
 * Hydrophobic vegetable ingredients
 Non-medical ingredients: Magnesium stearate, silicon dioxide, gelatin.

Non-médicaments: Ce contenant contient assez de fer pour causer des torts sérieux à un enfant. Ce produit ne contient pas d'ingrédients laitiers, œufs, gluten, crustacés ou noix.

Warning: There is enough iron in this package to seriously harm a child. This product does not contain dairy, egg, gluten, shellfish or nutflour.

Non-medical ingredients: Magnesium stearate, silicon dioxide, gelatin.

Keep out of reach of children.

Do not use if seal under cap is broken. Ne pas utiliser si le sceau de sécurité sous le capuchon est brisé.

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