



ORENOA®
INTERNATIONAL

ORENOA

FEMALE



VITAMINS · MINERALS · HERBS

DIETARY SUPPLEMENT
90 TABLETS

Directions: As a dietary supplement take 3 tablets daily for the best results, or as directed by your healthcare professional.

Keep out of reach of children. Store at room temperature. Do not use if product appears to be tampered with or seal is broken.

Warning: If you are pregnant or nursing, consult your healthcare professional before using this or any other dietary supplement.



Manufactured in
a cGMP facility.

Formulated and Distributed by
Orenda International LLC
1406 W 14th Street, Suite 101
Tempe, AZ 85281 USA
www.orendainternational.com
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GLUTEN FREE

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (100% as Beta-Carotene)	2,250 mcg	250%
Vitamin C (as Calcium Ascorbate)	75 mg	80%
Vitamin D ₃ (as Cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-Alpha Tocopheryl Succinate)	134 mg	890%
Thiamin (as Thiamin Mononitrate)	30 mg	2,500%
Riboflavin (Vitamin B-2)	20 mg	1,540%
Niacin (as Niacinamide)	30 mg	190%
Vitamin B-6 (as Pyridoxine HCl)	20 mg	1,180%
Folate (800 mcg Folic Acid)	1,334 mcg DFE	330%
Vitamin B-12 (as Methylcobalamin)	30 mcg	1,250%

Supplement Facts Continued Inside (Unfold Label)

Contains soy.

Peel Here >>>

Supplement Facts_(continued)

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	600%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Citrate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Amino Acid Chelate)	100 mg	25%
Zinc (as Amino Acid Chelate)	15 mg	140%
Selenium (as Selenomethionine)	200 mcg	360%
Copper (as Amino Acid Chelate)	1 mg	110%
Manganese (as Amino Acid Chelate)	5 mg	220%
Chromium (as Chromium Picolinate)	100 mcg	290%
Molybdenum (as Amino Acid Chelate)	50 mcg	110%
Boron (as Amino Acid Chelate)	2 mg	**
Vanadium (as Vanadyl Sulfate)	20 mcg	**
Citrus Bioflavonoids	25 mg	**
Inositol	10 mg	**

Supplement Facts^(continued)

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Grape Seed extract (<i>Vitis vinifera</i>)(seed)	10 mg	**
Co Enzyme Q10	15 mg	**
Alpha Lipoic Acid	15 mg	**
N-Acetyl-L-Cysteine	30 mg	**
Resveratrol (<i>Vitis vinifera</i> Fruit and <i>Polygonum cuspidatum</i> Root)	2 mg	**
Tocotrienols	500 mcg	**
Mixed Carotenoids: Alpha Carotene, Lutein, Lycopene, Zeaxanthin, Astaxanthin, Other Carotenoids.	3.25 mg	**
Mixed Tocopherols: d-Beta Tocopherol, d-Gamma Tocopherol, d-Delta Tocopherol.	35 mg	**
o-Harmony™ Blend: Dong Quai (<i>Angelica sinensis</i>)(root), Red Raspberry (<i>Rubus idaeus</i>)(leaf), Black Cohosh (<i>Cimicifuga racemosa</i>)(root), Chaste Tree (<i>Vitex agnus-castus</i>)(berries), Deodorized Garlic (<i>Allium sativum</i>)(bulb), Ginger (<i>Zingiber officinale</i>)(root), Evening Primrose Oil.	180 mg	**

** Daily Value not established.

Other Ingredients: Modified Cellulose, Starch, Stearic Acid, Maltodextrin. **Contains <2% of:** Ascorbic Acid, Ascorbyl Palmitate, Citric Acid, Corn Oil, Dextrin, Dextrose, Dicalcium Phosphate, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Magnesium Stearate, Mannitol, Medium Chain Triglycerides, Natural Vanilla Flavor, Silicon Dioxide, Sodium Ascorbate, Sodium Citrate, Soybean Oil, Sucrose, Vegetable Oil, Vitamin E Oil, Water. **Contains soy.**

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