



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
6007 S 40th Street, Suite 6
Phoenix, AZ 85042
www.orendainternational.com
©2015 Orenda International LLC
0121-10



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (100% as Beta-Carotene)	2,250 mcg RAE	250%
Vitamin C (as Calcium Ascorbate)	75 mg	83%
Vitamin D ₃ (as Cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as d-Alpha Tocopheryl Succinate)	134 mg	893%
Thiamin (as Thiamin Mononitrate)	30 mg	2,500%
Riboflavin (Vitamin B-2)	20 mg	1,538%
Niacin (as Niacinamide)	30mg NE	188%
Vitamin B-6 (as Pyridoxine HCl)	20 mg	1,176%
Folate (800 mcg Folic Acid)	1,334 mcg DFE	333%
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	24%
Zinc (as Amino Acid Chelate)	15 mg	136%
Selenium (as Selenomethionine)	200 mcg	364%
Copper (as Amino Acid Chelate)	1 mg	111%
Manganese (as Amino Acid Chelate)	5 mg	217%
Chromium (as Chromium Picolinate)	100 mcg	286%
Molybdenum (as Aspartate)	50 mcg	111%
Tocotrienols	500 mcg	**
o-Harmony™ Blend:	180 mg	**
Dong Quai (<i>Angelica sinensis</i>) (root), Red Raspberry (<i>Rubus idaeus</i>) (leaf), Black Cohosh extract (<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.		

Supplement Facts (continued)

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving		% Daily Value
Mixed Tocopherols: d-Beta Tocopherol, d-Gamma Tocopherol, d-Delta Tocopherol.	35 mg	**
N-Acetyl-L-Cysteine	30 mg	**
Citrus Bioflavonoids	25 mg	**
Co Enzyme Q10	15 mg	**
Alpha Lipoic Acid	15 mg	**
Grape Seed extract (<i>Vitis vinifera</i>)(seed)	10 mg	**
Inositol	10 mg	**
Mixed Carotenoids: Alpha Carotene, Lutein, Lycopene, Zeaxanthin, Astaxanthin, Other Carotenoids.	3.25 mg	**
Boron (as Amino Acid Chelate)	2mg	**
Resveratrol (<i>Polygonum cuspidatum</i> Root)	2mg	**
Vanadium (as Vanadyl Sulfate)	20 mcg	**

** Daily Value not established.

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, hypromellose, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous vanilla coating (HPMC, gum acacia, glycerine, sunflower oil, natural flavor, maltodextrin, triacetin). **Contains soy.**