



PRESS PROOF APPROVALS & RECORDS



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FOUNDATION

Fairhaven Health®

Women's Multivitamin Essentials

Daily support for energy, immunity, and general wellness†

Dietary Supplement
30 capsules | 1-month supply

SUGGESTED USE: Take 1 capsule daily, or as directed by your healthcare practitioner.

Supplement Facts	
Serving Size: 1 capsule • Servings Per Container: 30	
Amount Per Serving	%DV
Vitamin A (as beta carotene)	1,125mcg RAE 125%
Vitamin C (as ascorbic acid)	180mg 200%
Vitamin D (as cholecalciferol)	50mcg 250%
Vitamin E (as D-alpha tocopheryl succinate)	20mg 133%
Thiamine (Vitamin B1) (as thiamine HCl)	3mg 250%
Riboflavin (Vitamin B2) (as riboflavin 5'-phosphate)	3mg 231%
Niacin (Vitamin B3) (as niacinamide)	20mg 125%
Vitamin B6 (as pyridoxal 5'-phosphate)	4mg 235%
Folate (as L-methyltetrahydrofolate) (392mcg folic acid)	667mcg DFE 167%
Vitamin B12 (as methylcobalamin)	500mcg 20,833%
Biotin	300mcg 1,000%
Pantothenic Acid (as calcium pantothenate)	10mg 200%
Iodine (as potassium iodide)	150mcg 100%
Zinc (as zinc citrate)	25mg 227%
Selenium (as selenomethionine)	70mcg 127%
Manganese (as manganese citrate)	2.3mg 100%
Chromium (as chromium polynicotinate)	200mcg 571%
Molybdenum (as molybdenum citrate)	75mcg 167%
Vitamin K2 (as menaquinone-7)	90mcg *
Coenzyme Q10	50mg
Green Tea Extract (Camellia sinensis, leaf, standardized 50% catechins and epigallocatechin gallate (EGCG))	50mg *
Zeaxanthin	0.5mg *
Lutein (from Marigold Flower Extract, Tagetes erecta)	3mg *
Lycopene	0.5mg *

† Daily Value (DV) not established.

Other Ingredients: Cellulose, Vegetable Capsule (Cellulose), Rice Bran Lipid, Silica.
Manufactured by Fairhaven Health, 45 Kenneth Dooley Drive, Middletown, CT 06457 • fairhavenhealth.com

WARNING: Take only as directed. Consult your healthcare practitioner before use.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Vegan and Non-GMO.

FH-ONE30-REV02

8 50036 12408 5

Part Number	FH.ONE30.REV02
Description	FH.ONE30.REV02_2x5_100cc_FINAL_OUTLINED.pdf
Die/Tooling	(R) H 2.0000 x W 5.0000
Material	White Poly (Removable)
Finish	Gloss Finish

100% TARGETS

CYAN

MAGENTA

YELLOW

BLACK

50% TARGETS

CYAN

MAGENTA

YELLOW

BLACK



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Customer	Blueroot Health
Proof Output File	FH.ONE30.REV02_2x5_100cc_FINAL_OUTLINED.pdf
Proof Output Date	Tuesday, May 6, 2025
Signature	John Troup
Signature Date	05/06/25

FH.ONE30.REV02 - FH.ONE30.REV02_2x5_100cc_FINAL_OUTLINED.pdf - DigitalProof

Final Audit Report

2025-05-06

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-  Document created by Amy Pena (apena@blueroothealth.co)
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-  Document e-signed by John Troup (jtroup@blueroothealth.co)
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