

women's
multivitamin/multimineral
dietary supplement
ultimate women's 50+

supports breast and
bone health**



100
TABLETS

**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.

100 TABLETS SHOWN ACTUAL SIZE ABOVE

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3500 IU (43% as beta-carotene)	70%	Biotin 30 mcg	10%	Chromium 50 mcg	42%
Vitamin C 100 mg	167%	Pantothenic Acid 5 mg	50%	Molybdenum 50 mcg	67%
Vitamin D 800 IU	200%	Calcium 500 mg	50%	Chloride 72 mg	2%
Vitamin E 35 IU	117%	Iron 8 mg	44%	Potassium 80 mg	2%
Vitamin K 50 mcg	63%	Phosphorus 20 mg	2%		
Thiamin 1.1 mg	73%	Iodine 150 mcg	100%	Boron 150 mcg	*
Riboflavin 1.1 mg	65%	Magnesium 50 mg	13%	Nickel 5 mcg	*
Niacin 14 mg	70%	Zinc 15 mg	100%	Silicon 2 mg	*
Vitamin B6 5 mg	250%	Selenium 55 mcg	79%	Vanadium 10 mcg	*
Folic Acid 400 mcg	100%	Copper 0.5 mg	25%	Lutein 300 mcg	*
Vitamin B12 50 mcg	833%	Manganese 2.3 mg	115%		

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid (Vit. C), Magnesium Oxide, Microcrystalline Cellulose, Acacia, dl-Alpha Tocopheryl Acetate (Vit. E), Polyvinyl Alcohol, Stearic Acid, Croscarmellose Sodium, Ferrous Fumarate, Zinc Oxide, Niacinamide, Talc, Titanium Dioxide, Calcium Silicate, Magnesium Stearate, Polyethylene Glycol, Manganese Sulfate, Silicon Dioxide, Pyridoxine Hydrochloride (Vit. B6), Calcium Pantothenate, Lecithin, Sodium Borate, Thiamin Mononitrate (Vit. B1), Cupric Sulfate, Riboflavin (Vit. B2), Beta-Carotene, FD&C Blue #2 Lake, Vitamin A Acetate (Vit. A), Folic Acid, FD&C Red #40 Lake, Chromium Picolinate, Lutein, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Phytonadione (Vit. K), Cyanocobalamin (Vit. B12), Sodium Metasilicate, Biotin, Nickel Sulfate, Sodium Metavanadate, Cholecalciferol (Vit. D3). **CONTAINS: SOY**

Suggested Use: Adults, take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant, nursing a baby, taking medication or have a medical condition, ask a doctor before using this product.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

IMPORTANT INFORMATION: Long-term intake of high levels of Vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other Vitamin A supplements.

Store at room temperature. Keep bottle tightly closed.

Do not use if printed seal under cap is broken or missing

Questions? Call 1-800-910-6874

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