



Ultimate Woman® Gold

a highly bioavailable
multivitamin • multimineral

women's wellness [▼]	energy production [▼]
immune [▼]	cardiovascular [▼]
	digestion [▼]

90 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts Serving Size 3 Tablets,
Servings Per Container: 30, Ingredients Per Serving: Vitamin A (as
50% Beta Carotene and 50% retinyl palmitate) 1126 mcg (125% DV),
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)
500 mg (556% DV), Vitamin D3 (as cholecalciferol) 50 mcg (250% DV),
Vitamin E (as d-alpha tocopheryl succinate) 25 mg (167% DV), Vitamin K2
(as Menaquinone MK-7) 45 mcg (38% DV), Thiamine (Vitamin B1) (as
thiamine mononitrate) 80 mg (6667% DV), Riboflavin (Vitamin B2)
80 mg (6154% DV), Niacin (as niacinamide) 80 mg (500% DV),
Vitamin B6 (as pyridoxine HCl) 50 mg (2941% DV),
Folate 1333 DFE (800 mcg folic acid) (333% DV), Vitamin B12
(as methylcobalamin) 500 mcg (20833% DV), Biotin (as d-biotin)
600 mcg (2000% DV), Pantothenic Acid (as d-calcium pantothenate)
50 mg (1000% DV), Calcium (from calcium ascorbate, calcium
carbonate and calcium citrate) 500 mg (38% DV), Iron (from ferrous
bisglycinate chelate) 18 mcg (100% DV), Iodine (from potassium iodide)
150 mcg (100% DV), Magnesium (from magnesium ascorbate, magnesium
oxide and magnesium citrate) 100 mg (24% DV), Zinc (from zinc ascorbate
and zinc citrate) 25 mg (227% DV), Selenium (from L-selenomethionine)
200 mcg (364% DV), Copper (from copper glycinate chelate) 2 mg (222% DV),
Manganese (from manganese glycinate chelate) 2 mg (87% DV), Chromium
(as chromium nicotinate glycinate chelate) 200 mcg (571% DV), Molybdenum
(from molybdenum glycinate chelate) 75 mcg (167% DV), Potassium (from
potassium citrate) 99 mg (2% DV), Choline (from choline bitartrate) 25 mg (5% DV),
Hair, Skin and Nails Blend: Opti-MSM® MSM (methylsulfonylmethane)
(200 mg), Silica (as silicon dioxide and Horsetail 7% Extract)(*Equisetum arvense*)
(whole plant) (100 mg), Hyaluronic Acid (25 mg) 325 mg (* DV),

Women's Health Blend: Pomegranate Extract
(*Punica granatum*)(fruit) 100 mg std to 40% Ellagic Acid (40 mg),
BroccoSinolate™ (Broccoli Extract)(*Brassica oleracea italica* & *Brassica
juncea*)(florets, seeds, sprouts) 100 mg std to 4% Glucosinolates (4 mg),
Cranberry Fruit Extract (*Vaccinium marocarpum*)(fruit) (30% organic acids)
(100 mg), Pueraria Root Extract (*Pueraria lobata*)(root)
50 mg std to 40% Isoflavones (20 mg), Chaste Tree
(*Vitex agnus-castus* L.)(fruit) std to 0.5% Agnusides (125 mcg),
DIM (diindolylmethane) (25 mg) 400 mg (* DV),
Antioxidant Health Blend/Energy Blend: Trans-Resveratrol
Extract (*Polygonum cuspidatum*)(root) 100 mg std to 50%
Trans-Resveratrol (50 mg), Co-Enzyme Q-10 (Ubidecarenone) (50 mg),
Alpha Lipoic Acid (100 mg), Green Tea Extract (*Camellia sinensis*)(leaf)
100 mg std to 98% Polyphenols (98 mg) std to 45% EGCG (45 mg),
Rhodiola Rosea Extract (*Rhodiola rosea*)(root) 108 mg std to 3%
Rosavins (3.2 mg) 458 mg (* DV),
Eye Health Blend: Lutein (3 mg), Lycopene (from
tomato extract) (1 mg), Zeaxanthin (1 mg) 5 mg (* DV),
Digestive Blend: *Bacillus coagulans* 100 mg (minimum 15 billion
CFU/g), Bromelain (2400 GDU/g)(from pineapple) (50 mg), Ginger Root
Extract, (*Zingiber officinale*)(root) 25 mg std to 5% Gingerols
(1.25 mg), Papain 2M (from papaya) (25 mg) 200 mg (* DV),
Vanadium (from vanadyl sulfate) 1 mg (* DV),
Inositol 25 mg (* DV), PABA (para-aminobenzoic acid)
25 mg (* DV), Black Pepper Extract (*Piper nigrum*)(fruit)
std to 95% Piperine Alkaloids (4.75 mg) 5 mg (* DV),
Boron (as boron glycinate) 3 mg (* DV)
* Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose
sodium, stearic acid, magnesium stearate, hydroxypropyl
cellulose, pharmaceutical glaze, carnauba wax, hydroxypropyl
methylcellulose, natural vanilla flavor, glycerin.

Does not contain: Gluten, Artificial Colors or Flavors.

DIRECTIONS: Take three (3) tablets daily, preferably with
meals.

WARNING: Consult your healthcare provider prior to use if
you are taking any medication or have any medical
conditions.

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.

▼ These statements have not been evaluated by the Food and Drug
Administration. This product is not intended to diagnose, treat, cure
or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.
TAMPER EVIDENT Do not use if inner seal is broken or missing.

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