



Ultimate Woman[®] Gold

a highly bioavailable
multivitamin • multimineral

women's wellness ^v	energy production ^v	
immune ^v	cardiovascular ^v	digestion ^v

180 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts Serving Size 3 Tablets, Servings Per Container: 60, 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 mcg 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 mg (100% DV), Iodine (as 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)

25 mg 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.

† 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.

OPTI-MSM[®] is a registered trademark of Bergstrom, Nutrition, Inc.

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.

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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