

# women's multivitamin/ multimineral dietary supplement

ultimate women's 50+





upaup

## women's multivitamin/ multimineral dietary supplement

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Compare to ingredients in Centrum® Silver® Ultra Women's†

supports breast and bone health\*\*

\*\*This statement has not been evaluated by the Food ation. This product is not inter to diagnose, treat, cure, or prevent any disease.

TABLETS

upaup

100 TABLETS SHOWN ACTUAL SIZE ABOVE

up&up

pecially formulated with key nutrients to help et the nutritional needs of women 50+.

### mune support

loxidants help support immune function"

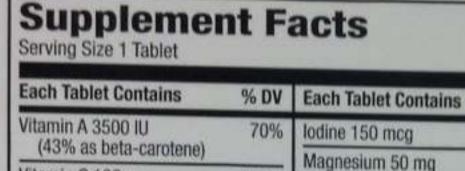
## rgy metabolism

armins help convert food to fuel"

and Vitamins A, C and E<sup>---</sup>



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70% lodine 150 mcg Magnesium 50 mg Vitamin C 100 mg 167% Zinc 15 mg Vitamin D 800 IU 200% Selenium 55 mcg Vitamin E 35 IU 117% Copper 0.5 mg 63% Vitamin K 50 mcg Manganese 2.3 mg Thiamin 1.1 mg 73% Chromium 50 mcg 65% Riboflavin 1.1 mg Molybdenum 50 mcg 70% Niacin 14 mg Chloride 72 mg 250% Vitamin B6 5 mg Potassium 80 mg Folic Acid 400 mcg 100% 833% Vitamin B12 50 mcg Boron 150 mcg 10% Nickel 5 mcg Biotin 30 mcg Silicon 2 mg 50% Pantothenic Acid 5 mg 50% Vanadium 10 mcg Calcium 500 mg 44% Lutein 300 mcg Iron 8 mg

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.

†This product is not manufactured or distributed by Wyeth Consumer Healthcare, marketer of Centrum® Silver® Ultra Women's.

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

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

\*Daily Value (DV) not established.

% DV

100%

13%

100%

79%

25%

115%

42%

67%

2%

Questions? Call 1-800-910-6874

Phosphorus 20 mg

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GLUTEN FREE