



100 TABLETS

women's multivitamin/ multimineral dietary supplement

ultimate women's 50+



women's multivitamin/ multimineral dietary supplement

ultimate women's 50+

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

supports breast and bone health**



100 TABLETS

SHOWN ACTUAL SIZE ABOVE

**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

Women's health

Specially formulated with key nutrients to help
meet the nutritional needs of women 50+.

Immune support

Antioxidants help support immune function**

Energy metabolism

B-vitamins help convert food to fuel**

Eye health

helps support healthy eyesight with lutein,
zinc and Vitamins A, C and E**



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Supplement Facts

Serving Size 1 Tablet

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

*Daily Value (DV) not established.

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**

Questions? Call 1-800-910-6874

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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

GLUTEN FREE