

NEW
Improved Formula



Ultimate Woman[®] 50+

high potency
multivitamin • multimineral

cardiovascular[▼]

immune[▼]

energy production[▼]

antioxidant[▼]

90 Tablets • Dietary Supplement

gluten
free

soy
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as 50% beta carotene and 50% retinyl palmitate)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as Active C [®] (as Tri-Sorb [™] Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)))	100 mg	110%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopherol succinate)	25 mg (30 IU)	170%
Vitamin K (as menaquinone)	45 mcg	40%
Thiamine (Vitamin B1)(as thiamine mononitrate)	10 mg	835%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1470%
Folate (800 mcg folic acid)	1333 mcg DFE	335%
Vitamin B12 (as methylcobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%

	Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium carbonate, Active C [®] and dicalcium phosphate)	300 mg	25%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C [®])	150 mg	35%
Zinc (as zinc citrate and Active C [®])	15 mg	140%
Selenium (as L-selenomethionine)	55 mcg	100%
Copper (as copper glycinate chelate)	2 mg	220%
Manganese (as manganese glycinate)	2 mg	90%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	350%
Molybdenum (as molybdenum glycinate)	75 mcg	170%
Ginkgo Biloba Extract (Ginkgo biloba)(leaf) std. to 24% Ginkgo Flavonglycosides (28.8 mg)	120 mg	*
Cranberry Concentrate	100 mg	*
Alpha Lipoic Acid	50 mg	*
Coenzyme Q-10	50 mg	*
Inositol	25 mg	*
Silica (as silicon dioxide and Horsetail Extract)	25 mg	*

	Amount Per Serving	% Daily Value
Boron (as boron glycinate)	3 mg	*
Lutein	5 mg	*
Vanadium (as vanadyl sulfate)	10 mcg	*
* Daily Value not established.		

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, aqueous coating, vanilla flavor.

Does not contain: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

▼ 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.

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

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

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information.

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