

Ultra Multi (with iron) is much more than a standard multivitamin. Its 86 distinct ingredients give you more than 14 supplements in one formula. With more than 25 vitamins and minerals, antioxidants, phytonutrients, enzymes, herbs and amino acids, Ultra Multi is your foundation for well-being.*

This unique formula is balanced and whole for optimum health and vitality.*

Suggested use: Six tablets daily, preferably 2-3 tablets with each meal.

Contains no: yeast, sweeteners, or artificial coloring.

Product color may change over time due to natural ingredients. Store in a cool dry place.

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.

*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.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC.
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ALTRUM

Established
1985

Ultra Multi with iron

MULTIVITAMIN, MINERAL, SUPERFOOD SUPPLEMENT

Dietary Supplement 180 Tablets

Supplement Facts

Serving Size: 6 Tablets
Serving per Container: 30

	Amount per Serving	% Daily Value
Vitamin A (as beta carotene and palmitate)	10000 IU	200%
Vitamin C (ascorbic acid and acerola cherry)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	100 IU	333%
Vitamin K1 (as phyloquinone)	30 mcg	38%
Thiamin (as thiamine HCl)	22 mg	1467%
Riboflavin	25 mg	1471%
Niacin (as niacin and niacinamide)	80 mg	400%
Vitamin B6 (as pyridoxine HCl)	30 mg	1500%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	90 mcg	1500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	800%
Calcium (as calcium Amino acid chelate, carbonate, citrate and dicalcium phosphate)	500 mg	50%
Iron (Iron Amino acid chelate)	18 mg	100%
Phosphorus (as dicalcium phosphate, phosphorus Amino acid chelate)	200 mg	20%
Iodine (from kelp)	200 mcg	133%
Magnesium (as magnesium oxide, Amino acid chelate)	200 mg	50%
Zinc (as zinc Amino acid chelate)	22 mg	147%
Selenium (as selenomethionine)	85 mcg	121%
Copper (as copper Amino acid chelate)	1 mg	50%
Manganese (as manganese Amino acid chelate)	16 mg	800%
Chromium (as chromium Amino acid chelate, polynicotinate)	120 mcg	100%
Molybdenum (as molybdenum Amino acid chelate)	50 mcg	67%
Potassium (as potassium citrate)	90 mg	3%
Proprietary Vegetable Concentrate Blend Carrot, spinach, tomato, beet, broccoli, Brussels sprout, cauliflower, kale	450 mg	**
Proprietary Herbal Support Blend Green tea (leaf), Gotu kola (herb), Fo-Ti (root), Sarsaparilla (root), Ginger (root), Dandelion (root), Peppermint (leaf)	400 mg	**

Other ingredients: Dicalcium phosphate, vegetable stearic acid, plant cellulose, cellulose gum, vegetable stearate, silicon dioxide. May Contain Trace amounts of Fish and Crustacean Shellfish. **Contains:** Wheat germ, Soy, and Milk (Lactose fine powder).

Product Code
DNU01

	Amount per Serving	% Daily Value
Proprietary Superfood Blend Bee pollen, alfalfa, barley grass, chlorella, spirulina, parsley, royal jelly	375 mg	**
Methylsulfonylmethane (MSM)	300 mg	**
Proprietary Flavonoid Blend Citrus bioflavonoids, grape seed extract, hesperidin complex, grape skin extract, pine bark extract, rutin, quercetin	135mg	**
Proprietary Herbal Extract Blend Eleuthero extract (root), Astragalus extract (root) Schisandra extract (fruit), American Ginseng extract (root), Ginkgo extract (leaf), Rehmannia extract (root)	150 mg	**
Lecithin (Soy)	100 mg	**
Proprietary Sea Vegetable Blend (Ocean Harvested) Bladderwrack, kelp, nori, wakame	100 mg	**
Choline (from Choline Bitartrate)	60 mg	**
Inositol	60 mg	**
L-Glutamic acid	60 mg	**
Para amino benzoic acid (PABA)	60 mg	**
Proprietary Enzyme Blend Bromelain, papain	60 mg	**
Rice Bran	60 mg	**
Betane (as trimethylglycine)	60 mg	**
Boron (as citrate)	1 mg	**
Octacosanol (from wheat germ)	1mg	**
CoQ10	500 mcg	**
Vanadium (as vanadium Amino acid chelate)	30 mcg	**

** Daily Value not established.