

NEW
Improved Formula



Ultimate Woman[®] no iron

high potency
multivitamin • multimineral

immune^v

antioxidant^v

energy production^v

180 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 2 Tablets
Servings Per Container: 90

	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-Scorb [™] Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)))	200 mg	220%
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	80 mcg	70%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg	6670%
Riboflavin (Vitamin B2)	80 mg	6150%
Niacin (as niacinamide)	35 mg NE	220%
Vitamin B6 (as pyridoxine HCl)	80 mg	4710%
Folate (800 mcg folic acid)	1333 mcg DFE	330%
Vitamin B12 (as cyanocobalamin)	50 mcg	2080%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	1600%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium carbonate, Active C [®] and dicalcium phosphate)	500 mg	40%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C [®])	250 mg	60%
Zinc (as zinc oxide and Active C [®])	25 mg	230%

	Amount Per Serving	% Daily Value
Selenium (as amino acid chelate)	200 mcg	360%
Copper (as copper gluconate)	2 mg	220%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as amino acid chelate)	120 mcg	340%
Molybdenum (as amino acid chelate)	75 mcg	170%
Boron (as amino acid complex)	2 mg	*
Silica (as silicon dioxide)	4 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Fruit & Veggie Blend	105 mg	*
Citrus Bioflavonoids, Carrot (root), Papaya (fruit), Orange (fruit), Pineapple (fruit), Spinach (leaf), Elderberry (fruit), Bilberry (fruit), Black Currant (seed), Cauliflower (juice), Kale, Brussels Sprouts, Broccoli (whole), Apple (fruit), Kiwi.		
Alpha Lipoic Acid	50 mg	*
Green Tea Extract std. to 45% EGCG (22.5 mg)	50 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)(seed) std. to 95% Proanthocyanidins (23.75 mg)	25 mg	*
Pomegranate Extract (<i>Punica granatum</i>) std. to 40% Ellagic Acid (10 mg)	25 mg	*
Black Pepper Concentrate	5 mg	*
Cranberry Concentrate	25 mg	*
Inositol	10 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

* Daily Value not established.

Active-C[®] is a registered trademark of Vitamin Shoppe Industries, Inc.

Tri-Scorb[™] is a trademark of Vitamin Shoppe Industries, Inc.

Other ingredients:

Microcrystalline cellulose, modified cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), magnesium stearate (vegetable source), natural vanilla flavor.

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

DIRECTIONS: Take two (2) 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.

▼ 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.

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

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



30 DAY
MONEY BACK
GUARANTEE

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

Item No. VS-2754

1744705

