

NEW
Improved Formula



Ultimate Woman® Gold

a highly bioavailable
multivitamin • multimineral

women's wellness[✓] | energy production[✓]
immune[✓] | cardiovascular[✓] | digestion[✓]

180 Tablets • Dietary Supplement

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as 50% Beta Carotene and 50% retinyl palmitate)	1500 mcg RAE (5000 IU)	170%
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)	250 mg	280%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopherol succinate)	25 mg (30 IU)	170%
Vitamin K2 (as Menaquinone MK-7)	45 mcg	40%
Thiamine (Vitamin B1)(as thiamine mononitrate)	20 mg	1670%
Riboflavin (Vitamin B2)	20 mg	1540%
Niacin (as niacinamide)	40 mg NE	250%
Vitamin B6 (from pyridoxine HCl)	25 mg	1470%
Folate (800 mcg folic acid)	1333 DFE	330%
Vitamin B12 (as methylcobalamin)	100 mcg	4170%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%
Choline (from choline bitartrate)	25 mg	5%
Calcium (from calcium carbonate, calcium ascorbate, calcium citrate)	500 mg	40%
Iron (from ferrous bisglycinate chelate)	18 mg	100%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide, magnesium ascorbate and magnesium citrate)	250 mg	60%
Zinc (from zinc citrate and zinc ascorbate)	15 mg	135%

	Amount Per Serving	% Daily Value
Selenium (from L-selenomethionine)	100 mcg	180%
Copper (from copper glycinate chelate)	1 mg	110%
Manganese (from manganese bisglycinate chelate)	1 mg	45%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	340%
Molybdenum (from molybdenum glycinate chelate)	75 mcg	170%
Potassium (from potassium citrate)	99 mg	2%
Cranberry Fruit Extract (30% organic acids) (<i>Vaccinium macrocarpon</i>)(fruit)	400 mg	*
Opti-MSM® MSM (methylsulfonylmethane)	200 mg	*
Hyaluronic Acid	100 mg	*
DIM (diindolylmethane)	100 mg	*
Trans-Resveratrol Extract (<i>Polygonum cuspidatum</i>)(root)	100 mg	*
Alpha Lipoic Acid	100 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf std. to 95% Polyphenols (95 mg) std. to 45% EGCG (45 mg)	100 mg	*
<i>Bacillus coagulans</i> (15 billion cfu/g)	100 mg	*
Co-Enzyme Q-10 (Ubidecarenone)	50 mg	*
Bromelain (2400 GDU/g) (from pineapple)	50 mg	*
Ginger Root Extract (<i>Zingiber officinale</i>)(root std. to 5% Gingerols (1.25 mg)	25 mg	*
Papain (2000 units/mg)(from papaya)	25 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Lutein	5 mg	*
Black Pepper Concentrate	5 mg	*
Boron (as boron amino acid complex)	3 mg	*
Zeaxanthin	1 mg	*
Vanadium (from vanadyl sulfate)	1 mg	*

* Daily Value not established.

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

Does not contain: Gluten, Artificial Colors or Flavors.

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

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

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.

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

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

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