

**NEW**  
Improved Formula



# Ultimate Woman<sup>®</sup>

high potency  
multivitamin • multimineral

immune<sup>v</sup>

antioxidant<sup>v</sup>

energy production<sup>v</sup>

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% retinyl acetate and 50% beta carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as Active C <sup>®</sup> (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%
Thiamin (Vitamin B1) (as thiamin mononitrate)	80 mg	6670%
Riboflavin (Vitamin B2)	80 mg	6155%
Niacin (as niacinamide)	35 mg NE	220%
Vitamin B6 (as pyridoxine HCl)	80 mg	4710%
Folate	1333 mcg DFE (800 mcg folic acid)	335%
Vitamin B12 (as cyanocobalamin)	50 mcg	2085%
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 and Active C <sup>®</sup> )	500 mg	40%
Iron (as ferrous fumarate)	27 mg	150%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C <sup>®</sup> )	250 mg	60%
Zinc (as zinc oxide and Active C <sup>®</sup> )	25 mg	230%
Selenium (as amino acid complex)	200 mcg	365%
Copper (as copper gluconate)	2 mg	220%
Manganese (as manganese sulfate)	2 mg	90%

	Amount Per Serving	% Daily Value
Chromium (as chromium amino acid chelate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	170%
Boron (as boron amino acid complex)	2 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Fruit & Veggie Blend	105 mg	*
Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder (fruit), Spinach Powder (leaf), Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (fruit), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (head), Broccoli Powder (whole plant), Apple Powder (fruit), Kiwi Powder (fruit).		
Alpha Lipoic Acid	50 mg	*
Green Tea Extract ( <i>Camellia sinensis</i> (leaf) std. to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg)	50 mg	*
Grape Seed Extract ( <i>Vitis vinifera</i> )(seed) std. to 95% Proanthocyanidins (23.8 mg)	25 mg	*
Pomegranate (husk) std. to 40% Ellagic Acid (10 mg)	25 mg	*
Black Pepper Concentrate	5 mg	*
Cranberry Concentrate (fruit)	25 mg	*
Inositol	10 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

\* Percent Daily Value not established.

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

**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.

**⚠ 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.**

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

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

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

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