

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. **We guarantee it!**



DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

No Artificial Color, No Preservatives, No Sugar, No Gluten, No Wheat, No Yeast, No Fish.

Ultra Woman™ Iron Free is a unique blend of over 20 vitamins, minerals, herbs and other nutrients designed to help women get the nutrition they need each and every day. Our iron-free blend is specially formulated to provide a gradual release of vitamins over a prolonged period of time.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **12120**
www.vitaminworld.com
 1-800-228-4533

Carefully Manufactured by
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ULTRA WOMAN™ ULTRA WOMAN™ ULTRA WOMAN™

ULTRA WOMAN™

IRON FREE MULTI Premium Performance Formula for Women

H I G H P O T E N C Y

TIMED RELEASE

90 COATED CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets

Servings Per Container 45

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene and Retinyl Acetate)	5,000 IU 100%	Hesperidin Complex	5 mg *
Vitamin C (as Ascorbic Acid)	200 mg 333%	Alpha Lipoic Acid	10 mg *
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%	Vanadium (as Sodium Metavanadate)	10 mcg *
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%	Boron (as Boronorganic Glycine)	2 mg *
Vitamin K (as Phytonadione)	80 mcg 100%	Ultra Woman™ Proprietary Blend	100 mg *
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%	Collagen (Hydrolyzed Gelatin), Choline Bitartrate, Inositol, Silica (as Silicon Dioxide)	
Riboflavin (Vitamin B-2)	50 mg 2,941%	Ultra Woman™ Fruit and Vegetable Blend	100 mg *
Niacin (as Niacinamide)	50 mg 250%	Citrus Bioflavonoids Concentrate (<i>Citrus limon</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Elderberry (<i>Sambucus nigra</i>) (fruit), Grapeseed Extract (<i>Vitis vinifera</i>) (seed), Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (<i>Apium graveolens</i>) (seed), Carrot Extract, Broccoli Extract, Cabbage Extract, Astaxanthin Complex, Super Oxide Dismutase, Lutein, Coenzyme Q-10, Resveratrol, Lycopene	
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%		
Folic Acid	400 mcg 100%		
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%		
Biotin (as d-Biotin)	1,000 mcg 333%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Calcium (as Calcium Carbonate)	500 mg 50%		
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	100 mg 25%		
Zinc (as Zinc Oxide)	15 mg 100%		
Selenium (as Sodium Selenate)	200 mcg 286%		
Copper (as Cupric Oxide)	2 mg 100%		
Manganese (as Manganese Gluconate)	2 mg 100%		
Chromium (as Chromium Picolinate)	200 mcg 167%		
Molybdenum (as Sodium Molybdate)	75 mcg 100%		
Potassium (as Potassium Chloride)	30 mg 1%		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Mannitol, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk ingredients.