



HEALTH
ON THE
DAILY

- **B12:** Energy production*
- **Omega-3s:** Brain & heart support*
- **Vitamins & Minerals:** Immune support*
- **Biotin:** Healthy hair, skin & nails*
- **Gentle on the stomach***

ULTRA
SOFTGELS

WOMEN'S MULTI +OMEGA-3

A daily Multivitamin
with Iron

60
SOFTGELS

DIETARY SUPPLEMENT

*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.



No Artificial
Flavors or
Colors



Gluten
Free

EASY TO
SWALLOW

Suggested Use: Adults, take 2 softgels with food per day.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	5	Pantothenic Acid (as calcium-D-pantothenate)	5 mg 100%
Total Fat	0.5 g <1%*	Choline (as choline bitartrate)	50 mg 9%
Vitamin A (as retinyl palmitate)	450 mcg 50%	Calcium (as tricalcium phosphate)	100 mg 8%
Vitamin C (as ascorbic acid)	45 mg 50%	Iron (as ferrous bisglycinate chelate)	4.5 mg 25%
Vitamin D (as cholecalciferol)	20 mcg 100%	Phosphorus (as tricalcium phosphate)	52 mg 4%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg 100%	Iodine (as potassium iodide)	150 mcg 100%
Thiamin (Vitamin B1) (as thiamin hydrochloride)	1.2 mg 100%	Zinc (as zinc citrate)	2.5 mg 23%
Riboflavin (Vitamin B2)	1.3 mg 100%	Selenium (as sodium selenite)	14 mcg 25%
Niacin (as niacinamide)	16 mg 100%	Chromium (as chromium chloride)	17 mcg 49%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg 100%	Inositol	40 mcg **
Folate (240 mcg folic acid)	400 mcg DFE 100%	Boron (as boron citrate)	150 mcg **
Vitamin B12 (as cyanocobalamin)	6 mcg 250%	Omega-3s (from fish oil)	300 mg **
Biotin (as D-biotin)	150 mcg 500%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Safflower Oil, Gelatin, Glycerin, Sunflower Lecithin, Natural Peppermint Oil, Natural Lemon Oil, Water, Coloring (from beet and carotenoid), Beeswax, Titanium Dioxide.

Contains: Fish (Anchovy, Sardine)

Distributed by: OLLY Public Benefit Corp., San Francisco, CA 94111

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Processed in a facility with products that may contain soy, egg, peanuts, tree nuts, milk, shellfish and wheat.

Take only as directed. Do not exceed suggested use. If you have a medical condition or are pregnant or nursing, consult a qualified health care professional before using. Not intended for use in children. Do not use if shrink wrap is torn or missing.

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.

KEEP OUT OF THE REACH OF CHILDREN.
Store in a cool, dry place.

