

FOR YOUR PROTECTION, DO NOT USE IF
SEAL UNDER CAP IS BROKEN OR MISSING.
STORE AT ROOM TEMPERATURE, TIGHTLY
CLOSED AND AVOID EXCESSIVE HEAT.



Satisfaction guaranteed –
Or we'll replace it or give
you your money back.
For questions or comments
or to report an undesired
reaction or side effect,
please call 1-888-287-1915.



equate®

Women Age 50+

Complete Ultra Women's Health

Balanced Multivitamin/
Multimineral Supplement

Promotes Bone and
Breast Health[†]

[†]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.

Actual Size

Compare to
**Centrum®
Silver®
Women 50+***

**200
TABLETS**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 3,500 IU (43% as Beta-Carotene)	70%	Iodine 150 mcg	100%
Vitamin C 100 mg	167%	Magnesium 50 mg	13%
Vitamin D 800 IU	200%	Zinc 15 mg	100%
Vitamin E 35 IU	117%	Selenium 55 mcg	79%
Vitamin K 50 mcg	63%	Copper 0.5 mg	25%
Thiamin 1.1 mg	73%	Manganese 2.3 mg	115%
Riboflavin 1.1 mg	65%	Chromium 50 mcg	42%
Niacin 14 mg	70%	Molybdenum 50 mcg	67%
Vitamin B-6 5 mg	250%	Chloride 72 mg	2%
Folic Acid 400 mcg	100%	Potassium 80 mg	2%
Vitamin B-12 50 mcg	833%	Boron 150 mcg	**
Biotin 30 mcg	10%	Nickel 5 mcg	**
Pantothenic Acid 5 mg	50%	Silicon 2 mg	**
Calcium 500 mg	50%	Vanadium 10 mcg	**
Iron 8 mg	44%	Lutein 300 mcg	**
Phosphorus 20 mg	2%	**Daily Value not established.	

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Cellulose (Plant Origin), Dicalcium Phosphate, Ascorbic Acid, Magnesium Oxide, Croscarmellose, dl-Alpha Tocopheryl Acetate, Cellulose Coating, Ferrous Fumarate, Vegetable Stearic Acid, Zinc Oxide, Niacinamide, Titanium Dioxide Color, Gelatin, Vegetable Magnesium Stearate, Manganese Sulfate, Maltodextrin, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Mannitol, Triacetin, Silicon Dioxide, Starch, Polysorbate 80, Thiamin Mononitrate, Cupric Sulfate, Riboflavin, Beta-Carotene, Vitamin A Acetate, Folic Acid, Sodium Borate, Chromium Picolinate, Lutein, Potassium Iodide, Boric Acid, FD&C Blue #2 Lake, Phytanadione, FD&C Red #40 Lake, Cyanocobalamin, Sodium Selenate, Sodium Molybdate, Biotin, Cholecalciferol, Sodium Metavanadate, Nickelous Sulfate.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

Provides Essential Nutrients[†]

Supports Health & Well-Being[†]

WOMEN'S HEALTH – Complete Ultra Women's Health
is nutritionally balanced to help deliver a mature
woman's nutrient requirements[†]

BONE/BREAST HEALTH – Vitamin D helps build strong
bones and supports breast health[†]

Suggested use: For adult women, take one (1) tablet
daily, preferably with a meal. As a reminder, discuss the
supplements and medications you take with your health
care providers.

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.

WARNING: Accidental overdose of iron-containing
products is a leading cause of fatal poisoning in
children under six. **KEEP THIS PRODUCT OUT OF
REACH OF CHILDREN.** In case of accidental overdose,
call a doctor or Poison Control Center immediately.

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Bentonville, AR 72716

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FRESHNESS AND POTENCY GUARANTEED THROUGH: