

DG
health

Compare to Centrum® Silver® Ultra Women's®

Women's 50+

Complete Ultimate

Complete nutrient support
formulated for women's health*

Promotes Bone & Breast Health*



50 Caplets



Dietary Supplement

and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	3,500 IU 70%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D (as Cholecalciferol)	800 IU 200%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	35 IU 117%	Selenium (as Sodium Selenate)	55 mcg 79%
Vitamin K (as Phyttonadione)	50 mcg 63%	Copper (as Cupric Sulfate)	0.5 mg 25%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.1 mg 73%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Riboflavin (Vitamin B-2)	1.1 mg 65%	Chromium (as Chromium Picolinate)	50 mcg 42%
Niacin (as Niacinamide)	14 mg 70%	Molybdenum (as Sodium Molybdate)	50 mcg 67%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Chloride (as Potassium Chloride)	72 mg 2%
Folic Acid	400 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Silicon (as Silicon Dioxide)	2 mg **
Biotin (as d-Biotin)	30 mcg 10%	Lutein	300 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%	Boron (as Boric Acid and Sodium Borate)	150 mcg **
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg 50%	Vanadium (as Sodium Metavanadate)	10 mcg **
Iron (as Ferrous Fumarate)	8 mg 44%	Nickel (as Nickel Sulfate)	5 mcg **
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	** Daily Value not established.	

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Contains <2% of: Cellulose Coating, FD&C Blue #2 Lake, FD&C Red #40 Lake, Gelatin, Mannitol, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

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.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

DISTRIBUTED BY DOLGENCORP, LLC
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