



Vitamin Shoppe

Ultimate Woman Gold Multivitamin

90 TabletsItem #: V5-2726 / 1743905

Directions

As a dietary supplement, take three (3) 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. 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.

Does Not Contain:

NO Wheat, Salt, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors Added.

Supplement Facts

Serving Size 3 TABLETS

Servings Per Container 30

	Amount Per Serving	Daily Value
VITAMIN A (AS CAROCARE NATURAL BETA CAROTENE AND VITAMIN A PALMITATE)	5000 IU	100%
VITAMIN C (AS ACTIVE (AS TRI-SCORB PROPRIETARY BLEND)(AS CALCIUM ASCORBATE, MAGNESIUM ASCORBATE, AND ZINC ASCORBATE) AND BIOPERINE))	500 Mg	800%
Vitamin D3(As Cholecalciferol)	2000 IU	500%
Vitamin E(As D-Alpha Tocopherol Succinate)	100 IU	300%
VITAMIN K2 (AS MK-7 VITAMIN K2 (AS MENAQUINONE))	45 Mcg	100%
Thiamine(B-1)(As Thiamine Mononitrate)	80 Mg	5300%
Riboflavin(As Vitamin B2)	80 Mg	4700%
Niacin(As Nicotinamide)	80 Mg	400%
Vitamin B6(As Pyridoxine Hcl)	50 Mg	2500%
Folate(As Folic Acid)	800 Mcg	200%
Vitamin B12(As Methylcobalamin)	500 Mcg	8300%
Biotin(As D-Biotin)	600 Mcg	200%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	50 Mg	500%
CALCIUM (AS CALCIUM CARBONATE, CALCIUM CITRATE AND ACTIVE C)	500 Mg	100%
IRON (AS FERROCHEL IRON AMINO ACID CHELATE FROM ALBION)	18 Mg	100%
Iodine(As Kelp)	150 Mcg	100%
MAGNESIUM (AS MAGNESIUM OXIDE, MAGNESIUM CITRATE AND ACTIVE C)	100 Mg	N/A*
ZINC (AS ZINC CITRATE AND ACTIVE C)	25 Mg	200%
SELENIUM (AS L-SELEMETHIONINE)	200 Mcg	300%
COPPER (AS AMINO ACID CHELATE FROM ALBION)	2 Mg	100%
MANGANESE (AS MANGANESE AMINO ACID CHELATE FROM ALBION)	2 Mg	100%
CHROMIUM (AS CHROMIUM AMINO ACID CHELATE FROM ALBION)	200 Mcg	200%
MOLYBDENUM (AS MOLYBDENUM AMINO ACID FROM ALBION)	75 Mcg	100%
Potassium(As Potassium Citrate)	99 Mg	N/A*
HAIR, SKIN AND NAILS BLEND (OPTISM MSM (METHYLSULFONYLMETHANE) 200 MG SILICA (AS SILICON DIOXIDE AND HORSETAIL 7% EXTRACT 100 MG HYALURONIC ACID (AS SODIUM HYALURONATE) 25 MG)	325 Mg	N/A*
WOMEN'S HEALTH BLEND (POMEGRANATE 40% EXTRACT FRUIT 100 MG TO STD TO 40% ELLAGIC ACID 40 MG BROCCOLI 4% EXTRACT 100 MG STD TO 4% GLUCOSINOLATES 4 MG CRANRICH PAC)	400 Mg	N/A*
ANTIOXIDANT HEALTH BLEND(ENERGY BLEND (JAPANESE KNOTWOOD 50% EXTRACT 100 MG PROVIDING A MINIMUM OF 50% TRANSRESVERATOL, 50 MG CO-ENZYME Q-10 50 MG, ALPHA LIPOIC ACID 100 MG GREEN TEA 95%)	500 Mg	N/A*
EYE HEALTH BLEND (FLORAGLO LUTEIN 3 MG, LYC-O-MATO LYCOPENE 1 MG, ZEAXANTHIN 1 MG)	5 Mg	N/A*
DIGESTIVE BLEND (LACTOSPORE PROBIOTIC BLEND (MINIMUM 15 BILLION UNITS/CG), 1.5 BILLION UNITS/SERVING) 100 MG BROMELAIN (2400 DGUG), 50 MG GINGER ROOT 5% EXTRACT)	200 Mg	N/A*
Vanadium(As Vanadyl Sulfate)	10 Mg	N/A*
Choline(As Choline Bitartrate)	25 Mg	N/A*
Inositol	25 Mg	N/A*
PABA (PARA-AMINOBENZOIC ACID)	25 Mg	N/A*
BIOPERINE (PIPER NIGRUM)(FRUIT) STD TO 95% PIPERINE ALKALOIDS 4.75 MG)	5 Mg	N/A*
BORON (AS BORON AMINO ACID CHELATE FROM ALBION)	3 Mg	N/A*

* Daily value not established

Other Ingredients:

Dicalcium phosphates, microcrystalline cellulose, stearic acid, magnesium stearate, silica, pharmaceutical glaze, methyl cellulose, natural vanilla. Contains Soy.