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!*

QUALITY ASSURED

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

No Artificial Color, No Sugar, No Gluten, No Wheat, No Yeast, No Shellfish.

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. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

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.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more of U.S. Patents #5,720,956 / #6,372,266 and other international patents.

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TO REORDER PROD. # 6250
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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ULTRA WOMAN™ ULTRA WOMAN™

ULTRA WOMAN™

DAILY MULTI

Premium Performance Formula for Women

HIGH POTENCY

TIMED RELEASE

90 COATED CAPLETS | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets Servings Per Container 45

Amount Per Serving		%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D (as D3 Cholecalciferol)	600 IU	150%
Vitamin E (as d-Alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Phytonadione)	150 mcg	188%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	80 mg	5,333%
Riboflavin (Vitamin B-2)	80 mg	4,706%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B-6 (as Pyridoxine Hydrochloride)	80 mg	4,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	80 mcg	1,333%
Biotin (as d-Biotin)	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	800%
Calcium (as Calcium Carbonate)	500 mg	50%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	250 mg	63%
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)	10 mg	<1%

Amount Per Serving		%Daily Value
Hesperidin Complex	5 mg	*
Alpha Lipoic Acid	25 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Ultra Woman™ Proprietary Skin, Hair, Nail Blend 1	100 mg	*
Collagen (Hydrolyzed Gelatin), Choline Bitartrate, Inositol, Silica (as Silicon Dioxide)		
Ultra Woman™ Bone Blend 2	100 mg	*
Soy Isoflavones, Boron (as Sodium Borate), Fish Oil Concentrate, Ipriflavone		
Ultra Woman™ Energy Blend 3	100 mg	*
Green Tea Extract *(Camellia sinensis)* (leaf), Korean Ginseng *(Panax ginseng)* (root), Spirulina		
Ultra Woman™ Antioxidant Cardio Blend 4	100 mg	*
Citrus Bioflavonoids *(Citrus limon)* (fruit), Garlic *(Allium sativum)* (bulb), Black Currant *(Ribes nigrum)* (fruit), Bilberry *(Vaccinium myrtillus)* (fruit), Elderberry *(Sambucus nigra)* (fruit), Grapeseed Extract *(Vitis vinifera)*, Brussels Sprouts Extract, Astaxanthin Complex, Kale Extract, Cauliflower Extract, Lutein, Celery Seed Extract *(Apium graveolens)*, Carrot Extract, Broccoli Extract, Cabbage Extract, Zeaxanthin, Super Oxide Dismutase, Lycopene, Coenzyme Q-10, Pycnogenol® *(Pinus pinaster)* (Maritime Pine Bark Extract)		
Ultra Woman™ Herbal Blend 5	100 mg	*
Ginkgo Biloba *(Ginkgo biloba)* (leaf), Barley Grass *(Hordeum vulgare)* (aerial), Chamomile *(Matricaria recutita)* (aerial), Cranberry *(Vaccinium macrocarpon)* (fruit), Vitex Chasteberry *(Vitex agnus-castus)* (fruit), Red Raspberry *(Rubus idaeus)* (leaf), Red Clover *(Trifolium pratense)* (flower), Dong Quai Extract *(Angelica sinensis)* (root), Wild Yam Extract *(Dioscorea villosa)* (root)		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk, soy and fish (sardine, anchovy, menhaden) ingredients.