

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

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 30

| Amount Per Serving                                 | % DV                 | Amount Per Serving                              | % DV         |
|----------------------------------------------------|----------------------|-------------------------------------------------|--------------|
| Calories                                           | 10                   | Biotin (as D-biotin)                            | 150 mcg 500% |
| Total Fat                                          | 1 g 1%               | Pantothenic Acid<br>(as calcium-D-pantothenate) | 5 mg 100%    |
| Cholesterol                                        | 5 mg 2%              | Calcium (as tricalcium phosphate)               | 100 mg 8%    |
| Vitamin A (as retinyl palmitate)                   | 450 mcg 50%          | Iron (as ferrous bisglycinate chelate)          | 4.5 mg 25%   |
| Vitamin C (as sodium ascorbate)                    | 45 mg 50%            | Phosphorus (as tricalcium phosphate)            | 52 mg 4%     |
| Vitamin D (as cholecalciferol)                     | 20 mcg (800 IU) 100% | Iodine (as potassium iodide)                    | 150 mcg 100% |
| Vitamin E (as tocopherol)                          | 15 mg 100%           | Zinc (as zinc citrate)                          | 2.5 mg 23%   |
| Thiamin (Vitamin B1)<br>(as thiamin hydrochloride) | 1.2 mg 100%          | Selenium (as sodium selenate)                   | 14 mcg 25%   |
| Riboflavin (Vitamin B2)                            | 1.3 mg 100%          | Chromium (as chromium chloride)                 | 17 mcg 49%   |
| Niacin (as niacinamide)                            | 16 mg 100%           | Inositol                                        | 40 mcg **    |
| Vitamin B6 (as pyridoxine hydrochloride)           | 1.7 mg 100%          | Boron (as boron citrate)                        | 150 mcg **   |
| Folate<br>(400 mcg DFE<br>(240 mcg folic acid))    | 100%                 | Omega-3s (from fish oil)                        | 300 mg **    |
| Vitamin B12 (as cyanocobalamin)                    | 6 mcg 250%           |                                                 |              |

**Other Ingredients:** Gelatin, Glycerin, Water, Rice Bran Oil, Beeswax, Sunflower Lecithin, Natural Flavors, Coloring from titanium dioxide and carmine.

**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, please seek the advice of 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.



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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 WOMEN'S MULTI +OMEGA-3

DAILY MULTIVITAMIN  
for immune, brain, heart  
support & energy\*

60  
SOFTGELS

DIETARY SUPPLEMENT



No Synthetic  
Flavors or  
Colors



Gluten  
Free

TAKE WITH  
WATER

\*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.



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