

OLLY®



**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
SOFTGELS**

WOMEN'S MULTI +OMEGA-3

A Daily Multivitamin
with Iron

**60
SOFTGELS**

DIETARY SUPPLEMENT



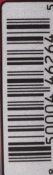
**No Artificial
Flavors or
Colors**



**Gluten
Free**

**EASY TO
SWALLOW**

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

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	5	Parathyroid Hormone	5 mg 100%
Total Fat	0.5 g <1%	(as calcium-D-parathyroid hormone)	
Vitamin A (as retinyl palmitate)	450 mcg 50%	Choline (as choline bitartrate)	50 mg 10%
Vitamin C (as ascorbic acid)	45 mg 50%	Calcium (as tricalcium phosphate)	100 mg 10%
Vitamin D (as cholecalciferol)	20 mcg 100%	Iron (as ferrous bisulfate chelate)	4.5 mg 25%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg 100%	Phosphorus (as tricalcium phosphate)	50 mg 4%
Thiamin (Vitamin B1)	1.2 mg 100%	Cobalt (as potassium iodide)	150 mcg 100%
(as thiamin hydrochloride)		CYC (as zinc citrate)	2.5 mg 25%
Riboflavin (Vitamin B2)	1.3 mg 100%	Selenium (as sodium selenite)	14 mcg 25%
Niacin (as niacinamide)	16 mg 100%	Chromium (as chromium picolinate)	17 mcg 40%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg 100%		
Folate	400 mcg DFE (240 mcg folic acid) 100%		
		Aspartic Acid	40 mg
		Serine (as L-serine)	150 mg
		Omega-3s (from fish oil)	200 mg

Other Ingredients: Softgel Oil, Gelatin, Glycerin, Softgel Oil, Lecithin, Natural Peppermint Oil, Natural Lemon Oil, Water, Coloring (from beet and carotenoids), Beeswax, Titanium Dioxide, 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 egg, peanuts, tree nuts, shellfish and wheat. Take only as directed. Do not exceed suggested use. If you have a medical condition or are pregnant or nursing, consult a qualified health care professional before using. Not intended for use in children. Do not use if prism wing 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.

