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Puritan's Pride

ULTRA WOMAN™

DAILY MULTI

Premium Performance Formula For Women
Full Spectrum Multi-Nutrient

HIGH POTENCY TIMED RELEASE

DIETARY SUPPLEMENT

90 Coated
Caplets

TO REORDER ITEM # 6250

Supplement Facts

Serving Size 2 Caplets
Supplies For Container 45

Amount Per Serving	%Daily Value*
Iron† 1,500 mcg (as Iron-Carbonyl and Bisphol Acetate)	167%
Iron† (as Ascorbic Acid) 200 mg	222%
Iron† (as D-Glucosylated) 50 mcg (2,000 IU)	250%
Iron† 30 mg (as Hydroxypropyl Acetate)	133%
Iron† (as Phytolactone) 80 mcg	67%
Thiamine 50 mg (as Thiamine Mononitrate)	4,167%
Niacin/Vitamin B-3 50 mg	2,500%
Niacin (as Nicotinamide) 50 mg	313%
Vitamin B6 50 mg (as Pyridoxine Hydrochloride)	2,500%
Folic Acid 600 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 100 mcg (as Cyanocobalamin)	4,167%
Sodium 1,000 mcg	2,000%
Ascorbic Acid 50 mg (as Calcium Ascorbate)	1,000%
Calcium 500 mg (as Calcium Carbonate)	33%
Iron (as Ferrous Fumarate) 15 mg	100%
Iron (as Potassium Iodide) 150 mcg	100%
Aspartic Acid 100 mg (as Aspartic Acid)	20%
Iron (as Iron Oxide) 15 mg	133%

Amount Per Serving	%Daily Value*
Selenium 200 mcg (as Sodium Selenate)	33%
Copper (as Cupric Oxide) 2 mg	25%
Manganese 2 mg (as Manganese Gluconate)	5%
Chromium 200 mcg (as Chromium Picolinate)	33%
Molybdenum 75 mcg (as Sodium Molybdate)	33%
Vitamin E 10 mg (as Sodium Methylsuccinate)	-
Boron (as Boric Acid) 2 mg	-
Alpha Lipoic Acid 10 mg	-
Hesperidin Complex 5 mg	-
Ultra Woman™ Proprietary Blend 100 mg Collagen (Hydrolyzed Gelatin), Potassium Chloride, Choline Bitartrate, Inositol, Silicon Dioxide	-
Ultra Woman™ 50 mg Fruit and Vegetable Blend Citrus Bioflavonoid Complex (Citrus-Inositol), Black Currant (Ribes alpinum/China), Bilberry (Vaccinium myrtillus)/fruit, Elderberry (Sambucus nigra)/fruit, Grape Seed Extract (Vitis vinifera), Brussels Sprout Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (Apium graveolens), Carrot Extract, Broccoli Extract, Cabbage Extract, Lutein, Coenzyme Q-10, Resveratrol (Polyphenol), (Polyphenol) (resveratrol), (fruit), (lipoic acid)	-

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: FD&C Blue #2 Lake, FD&C Red #40 Lake, Gelatin, Glycine, Silica, Titanium Dioxide Color, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk ingredients. Contains bioengineered food ingredients.

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

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. If any adverse reactions occur, stop use and consult your doctor. 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 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

No Sugar, No Gluten, No Wheat, No Yeast, No Fish.

TO REORDER ITEM # 6250
www.puritan.com
1-800-645-1030

Carefully Manufactured by
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879184 171 14-12212

