

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Glycine, Natural Palm Leaf Glaze, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk and soy ingredients.

Contains bioengineered food ingredients.

†per serving

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

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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. Avoid this product if you are allergic to ragweed or daisy-like flowers. 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 six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER ITEM # 51509
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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 **Puritan's Pride**

ULTRA WOMAN™ MAX DAILY MULTI

Premium Performance Formula For Women
High B Complex◇

HIGH POTENCY◇ TIMED RELEASE

DIETARY SUPPLEMENT

90 COATED
CAPLETS

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 45

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene and Retinyl Acetate)	1,500 mcg 167%	Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg 167%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Potassium (as Potassium Chloride)	30 mg <1%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Hesperidin Complex	5 mg *
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.1 mg 134%	Soy Isoflavone Complex	100 mg *
Vitamin K (as Phytionadione)	80 mcg 67%	Alpha Lipoic Acid	50 mg *
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	75 mg 6,250%	Vanadium (as Sodium Metavanadate)	10 mcg *
Riboflavin (Vitamin B-2)	75 mg 5,769%	Boron (as Boric Acid)	2 mg *
Niacin (as Niacinamide)	75 mg 469%	Resveratrol (from <i>Polygonum cuspidatum</i> Extract) (root)	25 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg 4,412%	Ultra Woman™ Max Collagen Blend	100 mg *
Folate	666 mcg DFE (400 mcg folic acid) 167%	Collagen (Hydrolyzed Gelatin, Choline Bitartrate, Inositol, Silica (Silicon Dioxide))	
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4,167%	Ultra Woman™ Max Antioxidant Blend	55 mg *
Biotin (as d-Biotin)	5,000 mcg 16,667%	Citrus Bioflavonoid Complex (<i>Citrus limon</i>) (peel), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Elderberry (<i>Sambucus nigra</i>) (fruit), Celery Seed Extract (<i>Apium graveolens</i>), Carrot Extract, Kale Extract, Cabbage Extract, Cauliflower Extract, Brussels Sprout Extract, Broccoli Extract, Lutein, Coenzyme Q-10, Lycopene	
Pantothenic Acid (as d-Calcium Pantothenate)	75 mg 1,500%	Ultra Woman™ Max Herbal Blend	100 mg *
Calcium (as Calcium Carbonate)	250 mg 19%	Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Barley Grass (<i>Hordeum vulgare</i>) (aerial), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Korean Ginseng (<i>Panax ginseng</i>) (root), Chamomile (<i>Matricaria recutita</i>) (aerial), Cranberry (<i>Vaccinium macrocarpon</i>) (fruit), Vitex Chasteberry (<i>Vitex agnus-castus</i>) (fruit), Red Raspberry (<i>Rubus idaeus</i>) (leaf), Red Clover (<i>Trifolium pratense</i>) (aerial), Dong Quai Extract (<i>Angelica sinensis</i>) (root), Wild Yam Extract (<i>Dioscorea opposita</i>) (root)	
Iron (as Ferrous Fumarate)	18 mg 100%		
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	125 mg 30%		
Zinc (as Zinc Oxide)	15 mg 136%		
Selenium (as Sodium Selenate)	200 mcg 364%		
Copper (as Cupric Oxide)	2 mg 222%		
Manganese (as Manganese Gluconate)	2 mg 87%		
Chromium (as Chromium Picolinate)	200 mcg 571%		

*Daily Value not established.