

Other Ingredients: Vegetable Cellulose. Contains <2% of: Carnauba Wax, Gelatin, Maltodextrin, Mannitol, Silica, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk and soy 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, sunflowers 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.
 © 2002 Puritan's Pride, Inc.
 B11207 10E 14-13901



www.puritan.com

Puritan's Pride

ULTRA WOMAN™ MAX DAILY MULTI

Premium Performance Formula for Women
 High B Complex^o

HIGH POTENCY^o

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 300%	Chromium (as Chromium Picolinate)	200 mcg 200%
Vitamin C (as Ascorbic Acid)	500 mg 500%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%	Potassium (as Potassium Chloride)	50 mg 10%
Vitamin E (as Alpha Tocopheryl Acetate)	20.1 mg 254%	Hesperidin Complex	5 mg *
Vitamin K (as Phylloquinone)	80 mcg 60%	Soy Isoflavone Complex	100 mg *
Niacin (Vitamin B-3) (as Niacin Mononitrate)	75 mg 6,250%	Alpha Lipoic Acid	50 mg *
Biotin (Vitamin B-7)	75 mcg 5,760%	Selenium (as Sodium Selenate)	70 mcg *
Biotin (as Biotinamide)	75 mcg 600%	Boron (as Boron Glycinate)	3 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mcg 4,412%	Inositol	1 mg *
Folate (400 mcg folic acid)	600 mcg DFE 100%	Ultra Woman™ Max Collagen Blend	100 mg
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4,167%	Collagen (Hydrolyzed Gelatin), Resveratrol (from Polyphenol-extracted Extract) (root), Coenzyme Q10, Lutein	
Biotin (as Biotin)	5,000 mcg 10,000%	Ultra Woman™ Max Antioxidant Blend 50 mg	
Ascorbic Acid (as Calcium Ascorbate)	75 mg 1,500%	Cranberry (Vaccinium macrocarpon) (fruit), Garlic Extract, Beet Root (Beta vulgaris), Bilberry Extract (Vaccinium myrtillus) (fruit), Citrus Bioflavonoid Complex (Citrus limon) (peel), Elderberry Concentrate (Sambucus nigra) (fruit), Pomegranate Extract (Punica granatum) (peel)	
Sodium (as Sodium Carbonate)	250 mg 100%	Ultra Woman™ Max Herbal Blend 100 mg	
Iron (as Ferrous Fumarate)	18 mg 100%	Echinacea (Echinacea purpurea) (erial), Chamomile (Matricaria recutita) (erial), Ginseng (Panax ginseng) (root), Ginkgo (Ginkgo biloba) (leaf), Green Tea Extract (Camellia sinensis) (leaf), Lemon/Lime Extract (Citrus limon) (peel), Turmeric (Curcuma longa) (root), Wild Blackberry (Rubus agnus-castus) (fruit)	
Iodine (as Potassium Iodide)	100 mcg 100%		
Magnesium (as Magnesium Oxide)	125 mg 30%		
Zinc (as Zinc Oxide)	75 mcg 150%		
Selenium (as Sodium Selenate)	200 mcg 200%		
Copper (as Cupric Oxide)	2 mg 222%		
Manganese (as Manganese Glucuronate)	2 mg 67%		

*Daily Value not established.