

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

• Contains milk ingredients • Contains ingredients that may result in a variation of color and appearance over time.

DIRECTIONS: For adults, 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. 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 # 6250
www.puritan.com
 1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
 © 2022 Puritan's Pride, Inc.
 B11294 20K 14-13680



www.puritan.com

Puritan's Pride

ULTRA WOMAN™

DAILY MULTI

Premium Performance Formula for Women
 Full Spectrum Multi-Nutrient

HIGH POTENCY

**DIFFERENT
 COLOR**
 SAME PRODUCT

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 187%	Selenium (as Sodium Selenate)	200 mcg 36%
Vitamin C (ErgoAscorbic Acid)	200 mg 332%	Copper (as Cupric Oxide)	2 mg 32%
Vitamin D (as D3 Calciferol)	50 mcg (2,000 IU) 250%	Manganese (as Manganese Glucuronate)	2 mg 10%
Vitamin E (as Alpha Tocopheryl Acetate)	20 mg 133%	Chromium (as Chromium Picolinate)	200 mcg 57%
Vitamin E (as Alpha Tocopheryl Acetate)	50 mcg 67%	Molybdenum (as Sodium Molybdate)	75 mcg 10%
Vitamin B-1 (as Thiamin Mononitrate)	50 mg 4,167%		
Vitamin B-2 (as Riboflavin)	50 mg 3,640%	Vitamin B-12 (as Methylcobalamin)	10 mcg *
Vitamin B-3 (as Nicotinamide)	50 mg 373%	Boron (as Boric Acid)	2 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%	Alpha Lipoic Acid	10 mg *
Vitamin B-12 (as Methylcobalamin)	50 mcg 4,167%	Hesperidin Complex	5 mg *
Folate (as Folic Acid)	600 mcg DFE (400 mcg folic acid) 187%	Inositol	1 mg *
Vitamin B-12 (as Methylcobalamin)	100 mcg 4,167%	Ultra Woman™ Proprietary Blend	160 mg *
Biotin (as D-Biotin)	1,000 mcg 3,333%	Collagen (Hydrolyzed Gelatin), Resveratrol Iron (Polyphenol complexed) (fruit), Coenzyme Q-10, L-Ascorbic Acid	50 mg
Ascorbic Acid (as L-Ascorbic Acid)	50 mg 1,000%	Ultra Woman™ Fruit and Vegetable Blend	
Calcium (as Calcium Carbonate)	500 mg 38%	Echinacea (Echinacea purpurea) (herb), Turmeric (Curcuma longa) (herb), Elderberry Concentrate (Sambucus nigra) (fruit), Green Tea Extract (Camellia sinensis) (herb), Ginkgo Biloba (Ginkgo biloba) (herb), Ginseng (Cinnamomum burmanni) (herb), Cranberry (Vaccinium macrocarpon) (fruit), Citrus Bioflavonoid Complex (Citrus limon) (fruit), Acacia Extract, Beet Root (Beta vulgaris) (rhizome), Pomegranate Extract (Punica granatum) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit)	
Iron (as Ferrous Fumarate)	10 mg 100%		
Zinc (as Zinc Oxide)	150 mcg 100%		
Aspartic Acid	100 mg 24%		
Sodium (as Sodium Chloride)	15 mg 134%		

*Daily Value not established.