

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.

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

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 # 6252
www.puritan.com
 1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Rockton, MA 01779 U.S.A.
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Puritan's Pride

ULTRA WOMAN™

DAILY MULTI

Premium Performance Formula for Women
 Full Spectrum Multi-Nutrient

HIGH POTENCY

**DIFFERENT
 COLOR**
 1404-6250004

DIETARY SUPPLEMENT

180 COATED
 CAPLETS

Supplement Facts

Serving Size 2 Caplets
 Servings Per Container 90

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene and Retinyl Acetate)	1,500 mcg 167%
Vitamin E (as Acetate)	100 mcg 200%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%
Vitamin C (as Ascorbyl Tetraethyl Acetate)	25 mcg 100%
Vitamin K (as Phytylphosphoryl Ester)	80 mcg 67%
Vitamin B1 (as Thiamine Mononitrate)	50 mcg 4,167%
Vitamin B2 (as Riboflavin)	50 mcg 3,500%
Niacin (as Nicotinamide)	50 mcg 100%
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mcg 2,500%
Folate	666 mcg DFE (400 mcg Folate acid) 167%
Vitamin B12 (as Cyanocobalamin)	100 mcg 4,167%
Biotin (as d-Biotin)	1,000 mcg 2,000%
Pantoic Acid (as D-Calcium Pantothenate)	50 mcg 1,000%
Calcium (as Calcium Carbonate)	500 mcg 10%
Iron (as Ferrous Fumarate)	10 mcg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mcg 24%

Amount Per Serving	%Daily Value
Zinc (as Zinc Oxide)	75 mcg 100%
Selenium (as Sodium Selenate)	100 mcg 100%
Copper (as Cupric Oxide)	2 mcg 20%
Manganese (as Manganese Gluconate)	2 mcg 6%
Chromium (as Chromium Picolinate)	100 mcg 10%
Molybdenum (as Sodium Molybdate)	75 mcg 15%
Vanadium (as Sodium Molybdate)	10 mcg
Boron (as Boric Acid)	2 mcg
Alpha Lipoic Acid	10 mcg
Hesperidin Complex	5 mcg
Inositol	1 mcg
Ultra Woman™ Proprietary Blend	100 mcg
Collagen (Hydrolyzed Gelatin), Resveratrol (Purified extract) (root), Coenzyme Q-10, Lactin	
Ultra Woman™ Fruit and Vegetable Blend	50 mcg
Echinacea (Echinacea purpurea) (root), Turmeric (Curcuma longa) (root), Elderberry Concentrate (Sambucus nigra) (fruit), Green Tea Extract (Camellia sinensis) (leaf), Ginkgo Biloba (Ginkgo biloba) (leaf), Ginseng (Panax ginseng) (root), Cranberry (Vaccinium macrocarpon) (fruit), Citrus Bioflavonoid Complex (Citrus limon) (fruit), Acai Berry, Beet Root (Beta vulgaris) (rhizome), Pomegranate Seed (Punica granatum) (seed), Elderberry Extract (Sambucus nigra) (fruit)	

*Daily Value not established.

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

