

Suggested Use: Take 2 capsules daily, with food. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., blood thinners) as well as those with a physician-diagnosed medical condition should consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if individually sealed blister pack are punctured or damaged. Store in a cool, dry place. Protect from heat, light, and moisture.

**Individually Sealed
in Foil Blisters**



Dietary Supplement • 60 Veggie Capsules

CALIFORNIA GOLD NUTRITION®

Ultamins™

Men's Multivitamin with Mushrooms, Enzymes Veggies & Berries!

**With 100mg of CoQ10 per Serving
plus Lycopene, Lutein, Methyl B12**

**30
Servings**

Formulated Without:

- Gluten
- GMOs
- Soy

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate and Beta Carotene)	1500 mcg ... 167%
Vitamin C (as Sodium Ascorbate and Calcium Ascorbate)	90 mg ... 100%
Vitamin D (as D2, Ergocalciferol)	20 mcg ... 100%
Vitamin E (as d-Alpha Tocopherol)	33.5 mg ... 223%
Thiamin (as Thiamine Mononitrate)	2.4 mg ... 200%
Riboflavin	2.6 mg ... 200%
Niacin (as Niacinamide)	32 mg ... 200%
Vitamin B6 (as Pyridoxine HCl)	3.4 mg ... 200%
Folate (as L-5-Methyltetrahydrofolic Acid, Calcium Salt)	680 mcg DFE ... 170%
Vitamin B12 (as Methylcobalamin)	12 mcg ... 500%
Biotin (as d-Biotin)	300 mcg ... 1000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg ... 200%
Choline (as Choline Bitartrate)	40 mg ... 7%
Calcium (from Seaweed Derived Minerals [Lithothamnion sp.])	50 mg ... 4%
Iodine (as Potassium Iodide)	150 mcg ... 100%
Magnesium (from Seawater Derived Minerals)	50 mg ... 12%
Zinc (as Zinc Bisglycinate Chelate)	15 mg ... 136%
Selenium (as Selenium Amino Acid Oligofructose Glycine Complex)	70 mcg ... 127%
Copper (as Cupric Bisglycinate)	2 mg ... 222%
Manganese (as Manganese Bisglycinate Chelate)	2 mg ... 87%
Chromium (as Chromium Nicotinate Glycinate Chelate)	120 mcg ... 343%
Molybdenum (as Molybdenum Citrate)	76 mcg ... 169%
Coenzyme Q10 (Ubiquinone)	100 mg ... †
Mushroom Immune Complex	50 mg ... †
Chaga Extract (<i>Inonotus obliquus</i>), Maitake Extract (<i>Grifola frondosa</i>), Shiitake Extract (<i>Lentinula edodes</i>), Turkey Tail Extract (<i>Coriolus versicolor</i>), Reishi Powder (<i>Ganoderma lucidum</i>) (fruiting body extracts/powder)	
Berry Fruit Powder Blend	30 mg ... †
Grape Extract (seed), Wild Blueberry (fruit), Raspberry (fruit & seed), Prune (fruit), Cranberry (fruit), Tart Cherry (fruit), Strawberry (fruit), Blackberry (fruit), Grape (fruit), Blueberry Extract (fruit), Bilberry Extract (fruit)	
Vegetable Antioxidant Powder Blend	30 mg ... †
Broccoli Sprout (seed), Onion Extract (bulb), Broccoli (stems & florets), Tomato (fruit), Carrot (root), Spinach (leaf), Kale (leaf), Brussels Sprout (edible buds)	
Betaine (as Betaine Hydrochloride)	20 mg ... †
Chlorella Powder (<i>Chlorella vulgaris</i>)	20 mg ... †
Citrus Bioflavonoids (from Lemon, Orange, Lime, Tangerine, Grapefruit) (whole fruit)	20 mg ... †
Enzyme Blend	20 mg ... †
Amylases, Proteases, (I, II, & III), Lactase, Papain, Glucoamylase, Lipase, Cellulase, Hemicellulase, Bromelain	
Inositol	20 mg ... †
Spirulina Powder (<i>Arthrospira platensis</i>)	20 mg ... †
Lycopene	10 mg ... †
Lutein (from Marigold Extract) (<i>Tagetes erecta</i>) (flower)	8 mg ... †
Boron (as Boron Glycinate)	1 mg ... †
Vanadium (as Vanadium Ascorbate)	1 mg ... †
Vitamin K2 (as Menaquinone-7)	90 mcg ... †

† Daily Value not established.

Other Ingredients: Modified Cellulose (Hypromellose Veggie Capsule), Potassium Chloride, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide (Silica), Maltodextrin, Vegetable Starch, and Sunflower Lecithin.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP compliant facility that may process other products that contain these allergens or ingredients.

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