

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

**Individually Sealed
in Foil Blisters**



CALIFORNIA GOLD NUTRITION®

Ultamins™

Women's 50+ Multivitamin with Mushrooms, Enzymes Veggies & Berries!

With 100mg of CoQ10 per Serving
Plus Cran-Max®, Methyl B12
& Isoflavones



Dietary Supplement • 60 Veggie Capsules

**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 Beta-Carotene and Retinyl Palmitate)	1500 mcg.....167%
Vitamin C (as Sodium Ascorbate and Calcium Ascorbate)	90 mg.....100%
Vitamin D (as D2, Ergocalciferol)	25 mcg.....125%
Vitamin E (as d-Alpha Tocopherol)	30 mg.....200%
Thiamin (as Thiamine Mononitrate)	2.4 mg.....200%
Riboflavin	2.6 mg.....200%
Niacin (as Niacinamide)	30 mg.....188%
Vitamin B6 (as Pyridoxine HCl)	3.4 mg.....200%
Folate (as L-5-Methyltetrahydrofolic Acid, Calcium Salt)	850 mcg DFE.....213%
Vitamin B12 (as Methylcobalamin)	12 mcg.....500%
Biotin (as d-Biotin)	600 mcg.....2000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg.....200%
Choline (as Choline Bitartrate)	40 mg.....7%
Calcium (from Seaweed Derived Minerals (<i>Lithothamnion</i> sp.))	50 mg.....4%
Iron (as Ferrous Bisglycinate Chelate)	18 mg.....100%
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)	70 mcg.....200%
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), Bilberry (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)	
Chlorella Powder (<i>Chlorella vulgaris</i>)	20 mg.....†
Cranberry Whole Fruit Concentrate (<i>Vaccinium macrocarpon</i>)	20 mg.....†
Enzyme Blend	20 mg.....†
Amylases, Proteases, (I, II, & III), Lactase, Papain, Glucoamylase, Lipase, Cellulase, Hemicellulase, Bromelain	
Inositol	20 mg.....†
Isoflavones (from Kudzu Root Extract) (<i>Pueraria lobata</i>)	20 mg.....†
Spirulina Powder (<i>Arthrospira platensis</i>)	20 mg.....†
Lutein (from Marigold Extract) (<i>Tagetes erecta</i>) (flower)	8 mg.....†
Betaine (as Betaine Hydrochloride)	2 mg.....†
Vitamin K2 (as Menaquinone-7)	120 mcg.....†

† Daily Value not established.

Other Ingredients: Modified Cellulose (Hydroxypropyl Methylcellulose 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.

Formulated with Aquamin® F, Aquamin® TG Sea Minerals, Cran-Max®, VitaBerry®, and VitaVeggie®.

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Manufactured for: Madre Labs, LLC
17400 Laguna Canyon Rd., Suite 400
Irvine, CA 92618
info@calgn.com | www.calgn.com
BREV0622wm50+ ulm2190



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