



Ultimate

Woman 50+

high potency
multivitamin • multimineral



180 Tablets • Dietary Supplement

actual size

nut free

dairy free

gluten free

Supplement Facts

Serving Size 3 Tablets

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A palmitate and beta carotene)	5,000 IU	100%
Vitamin C (as Active C™ (as Tri-Scorb™ Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)))	200 mg	333%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopherol succinate)	30 IU	100%
Vitamin K (as menaquinone-7)	45 mcg	56%
Thiamine (Vitamin B1)(as thiamine mononitrate)	25 mg	1667%
Riboflavin (Vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%
Calcium (as calcium carbonate and Active C™)	200 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C™)	100 mg	25%
Zinc (as zinc citrate and Active C™)	15 mg	100%
Selenium (as selenomethionine)	200 mcg	286%
Copper (as copper glycinate)	2 mg	100%
Manganese (as manganese glycinate)	2 mg	100%
Chromium (as chromium nicotinate, glycinate, chelate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Ginkgo Biloba Extract (<i>Ginkgo biloba</i>)(leaf) std to 24% Ginkgo Flavonglycosides (28.8 mg)	120 mg	*
Pomegranate Extract (<i>Punica granatum</i>)(fruit) std to 40% Ellagic Acid (40 mg)	100 mg	*
Cranberry Concentrate	100 mg	*
Cinnamon Extract (<i>Cinnamomum cassia</i>)(bark) std to 10% Polyphenols (10 mg)	100 mg	*
Alpha Lipoic Acid	50 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) std to 95% Polyphenols (47.5 mg) std to 40% EGCG (20 mg)	50 mg	*
Coenzyme Q-10	50 mg	*
Silica (as silicon dioxide and Horsetail Extract)	25 mg	*
Choline (as choline bitartrate)	25 mg	*

	Amount Per Serving	% Daily Value
Inositol	25 mg	*
Black Pepper Concentrate	5 mg	*
Boron (as boron glycinate)	3 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, pharmaceutical glaze, natural vanilla.

Contains: Soy.

Does not contain: Wheat, Gluten, Salt, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT. Do not use if outer seal is broken or missing.

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