



Ultra Fem

A Dietary Supplement



**Douglas
Laboratories®**

260 Tablets

Supplement Facts

Serving Size 6 tablets
Servings Per Container 43

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 12,500 IU (90% as Vitamin A Palmitate 10% as Beta-Carotene)	250%	Copper 0.5 mg (from Copper Chelate)	25%
Vitamin C 1500 mg (Ascorbic Acid)	2500%	Manganese 10 mg (from Manganese Aspartate Complex)	500%
Vitamin D-3 100 IU	25%	Chromium 150 mcg (from Chromium Chelate)	125%
Vitamin E 400 IU	1333%	Potassium 50 mg (from Potassium Aspartate Complex)	1%
Thiamine 100 mg	6667%		
Riboflavin 25 mg	1471%	Choline 282 mg (from 600 mg Choline Bitartrate)	*
Niacin/Niacinamide 40 mg	200%	Inositol 25 mg	*
Vitamin B-6 300 mg (as Pyridoxine HCl)	15,000%	PABA 50 mg	*
Folic Acid 400 mcg	100%	Bioflavonoids 250 mg	*
Vitamin B-12 100 mcg	1667%	Rutin 25 mg	*
Biotin 200 mcg	67%	Betaine 78 mg (from 100 mg Betaine HCl)	*
Pantothenic Acid 100 mg (as d-Calcium Pantothenate)	1000%	Pancreatin Equivalent 600 mg	*
Calcium 200 mg (from Calcium Aspartate Complex)	20%	Providing:	
Iron (as Ferroxy®) 15 mg	83%	Amylase Activity 15,000 USP	*
Iodine (from Kelp) 200 mcg	133%	Protease Activity 15,000 USP	*
Magnesium 400 mg (from Magnesium Aspartate Complex)	100%	Lipase Activity 1200 USP	*
Zinc 25 mg (from Zinc Aspartate Complex)	167%		
Selenium 100 mcg (from Selenium Chelate)	143%		

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205 USA
www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 tablets daily with meals or as directed by your healthcare professional.

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.

WARNING: Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place.
(59°-77°F/15°-25°C) (35-65% relative humidity) Tamper
resistant package, do not use if outer seal is missing.

Formula #7419

