



Ultimate Woman no iron

high potency
multivitamin • multimineral

immune^v | antioxidant^v
energy production^v

90 Tablets • Dietary Supplement

actual size

gluten
free

dairy
free

nut
free

Supplement Facts

Serving Size 2 Tablets
Servings Per Container: 45

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and Vitamin A acetate)	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 phytonadione)	80 mcg	100%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg	5333%
Riboflavin (Vitamin B2)	80 mg	4706%
Niacin (as niacinamide)	35 mg	175%
Vitamin B6 (as pyridoxine HCl)	80 mg	4000%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	800%
Calcium (as calcium carbonate, Active C™ and dicalcium phosphate)	500 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C™)	250 mg	63%
Zinc (as zinc oxide and Active C™)	25 mg	167%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as amino acid chelate)	120 mcg	100%
Molybdenum (as amino acid chelate)	75 mcg	100%
Boron (as amino acid chelate)	2 mg	*
Silica (as silicon dioxide)	4 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Fruit & Veggie Blend	105 mg	*
Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder, Spinach Powder, Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (seed), Cauliflower Powder, Kale Powder, Brussels Sprout Powder, Broccoli Powder, Apple Powder (fruit), Kiwi Powder (fruit)		
Alpha Lipoic Acid	50 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) std to 95% Polyphenols 47.5mg and 40% EGCG 20mg	50 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)(seed) std to 95% Proanthocyanidins 23.8mg	25 mg	*

	Amount Per Serving	% Daily Value
Pomegranate Extract (<i>Punica granatum</i>)(fruit) std to 40% Ellagic Acid 10mg	25 mg	*
Black Pepper Concentrate	5 mg	*
Cranberry Concentrate	25 mg	*
Choline (as choline bitartrate)	10 mg	*
Inositol	10 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

* Daily Values not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, magnesium stearate, carnuba wax, pharmaceutical glaze, natural vanilla, glycerin.

Contains: Soy.

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

DIRECTIONS: As a dietary supplement, take two (2) 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.

Active C™ and Tri-Scorb™ are trademarks of Vitamin Shoppe Industries, Inc.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

Item No. VS-2753

1744671

