



Ultimate Woman[®] Gold

no iron

a highly bioavailable
multivitamin • multimineral

women's wellness[✓] | energy production[✓]
immune[✓] | cardiovascular[✓] | digestion[✓]

180 Tablets • Dietary Supplement

actual size

nut
free

soy
free

dairy
free

gluten
free

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as 50% Beta Carotene and 50% retinyl palmitate)	5,000 IU	100%
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)	500 mg	833%
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin E (as d-alpha tocopherol acid succinate)	30 IU	100%
Vitamin K2 (as Menaquinone MK-7)	45 mcg	56%
Thiamine (Vitamin B1)(from thiamine mononitrate)	80 mg	5333%
Riboflavin (Vitamin B2)	80 mg	4706%
Niacin (as niacinamide)	80 mg	400%
Vitamin B6 (from pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
Biotin (as d-biotin)	600 mcg	200%
Pantothenic Acid (from d-calcium pantothenate)	50 mg	500%
Calcium (from calcium ascorbate, calcium carbonate and calcium citrate)	500 mg	50%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium ascorbate, magnesium oxide and magnesium citrate)	100 mg	25%
Zinc (from zinc ascorbate and zinc citrate)	25 mg	167%
Selenium (from L-selenomethionine)	200 mcg	286%
Copper (from copper glycinate)	2 mg	100%
Manganese (from manganese glycinate chelate)	2 mg	100%
Chromium (from chromium nicotinate glycinate chelate)	200 mcg	167%
Molybdenum (from molybdenum glycinate)	75 mcg	100%
Potassium (from potassium citrate)	99 mg	3%
Hair, Skin and Nails Blend	325 mg	*
Opti-MSM [®] MSM (methylsulfonylmethane)	200 mg	
Silica (as silicon dioxide and Horsetail 7% Extract) (<i>Equisetum arvense</i>)	100 mg	
Hyaluronic Acid	25 mg	
Women's Health Blend	400 mg	*
Pomegranate Extract (<i>Punica granatum</i>)(fruit)	100 mg	
std to 40% Ellagic Acid	40 mg	
Broccoli Powder Extract (<i>Brassica oleracea italica</i>)(seeds)	100 mg	
std to 4% Glucosinolates	4 mg	
Cranberry Fruit Extract (<i>Vaccinium marocarpum</i>) (40% organic acids)	100 mg	
Kudzu Root Extract (<i>Pueraria lobata</i>)(root)	50 mg	
std to 40% Isoflavones	20 mg	
Vitex Chasteberry Extract (<i>Vitex agnuscastus</i>) (berry)	25 mg	
std to 0.5% Agnusides	125 mcg	
DIM (diindolylmethane)	25 mg	
Antioxidant Health Blend/Energy Blend	458 mg	*
Trans-Resveratrol Extract (<i>Polygonum cuspidatum</i>) (root)	100 mg	
std to 50% Trans-Resveratrol	50 mg	
Co-Enzyme Q-10 (Ubidecarenone)	50 mg	
Alpha Lipoic Acid (Thioctic Acid)	100 mg	
Green Tea Extract (<i>Camellia sinensis L. kuntze</i>) (leaf)	100 mg	
std to 98% Polyphenols	98 mg	
std to 45% EGCG	45 mg	
Rhodiola Rosea Extract (<i>Rhodiola rosea</i>) (root)	108 mg	
std to 5% Rosavins	5.4 mg	

	Amount Per Serving	% Daily Value
Eye Health Blend	5 mg	*
Lutein	3 mg	
Lycopene (from tomato extract)	1 mg	
Zeaxanthin	1 mg	
Digestive Blend	200 mg	*
<i>Bacillus coagulans</i>	100 mg (minimum 15 billion units/g)	
Bromelain (2400 GDU/g)	50 mg	
Ginger Root Extract (<i>Zingiber officinale rose</i>) (root)	25 mg	
std to 5% Gingerols	1.25 mg	
Papain 2M (from papaya)	25 mg	
Vanadium (from vanadyl sulfate)	1 mg	*
Choline (from choline bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Black Pepper Extract (<i>Piper nigrum</i>) (fruit)	5 mg	*
std to 95% Piperine Alkaloids	4.75 mg	
Boron (from bororganic glycine complex)	3 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, maltodextrin, dicalcium phosphate, hydroxypropyl methylcellulose, stearic acid, sterotex NF (hydrogenated cottonseed oil), starch, calcium sulfate, magnesium stearate, natural vanilla, polyethylene glycol.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, 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.

Opti-MSM[®] is a registered trademark of Bergstrom Nutrition.

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

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

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

