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ACTUAL
SIZE



Timed Release

ULTRA WOMAN™

IRON FREE

**Vitamin, Mineral, Herb
Formula for Women**

**Energy Metabolism* • Bone Density*
Hair, Skin & Nails***

Dietary Supplement

90 TABLETS



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

Amount Per Serving		%Daily Value
Vitamin A (as Beta-Carotene and Retinyl Acetate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	500 mg	50%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	200 mcg	286%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Natural Palm Leaf Glaze, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk ingredients.

**No Gluten, No Yeast, No Wheat, No Egg, No Grapefruit, No Fish, No Sugar,
No Preservatives, No Artificial Color.**

Amount Per Serving		%Daily Value
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	200 mcg	167%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Potassium (as Potassium Chloride)	30 mg	1%
Hesperidin Complex	5 mg	**
Alpha Lipoic Acid	10 mg	**
Vanadium (as Sodium Metavanadate)	10 mcg	**
Boron (as Bororganic Glycine)	2 mg	**
Ultra Woman™ Proprietary Blend	100 mg	**
Collagen (Hydrolyzed Gelatin), Choline (as Choline Bitartrate), Inositol, Silica (Silicon Dioxide)		
Ultra Woman™ Fruit and Vegetable Blend	55.5 mg	**
Citrus Bioflavonoid Complex (Citrus limon) (fruit), Black Currant (Ribes nigrum) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit), Elderberry (Sambucus nigra) (fruit), Grape Seed Extract (Vitis vinifera), Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (Apium graveolens) (seed), Carrot Extract, Broccoli Extract, Cabbage Extract, Lutein, Coenzyme Q-10, Resveratrol from (Polygonum cuspidatum), Lycopene		

**Daily Value not established.

Directions: For adults, take two (2) tablets daily, preferably with a meal.

Ultra Woman™ is a unique blend of over 20 vitamins, minerals, herbs and other nutrients designed to help women get the nutrition they need each and every day. Our iron-free blend is specially formulated to provide a gradual release of vitamins over a prolonged period of time.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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