

Prod No. 29521

STORE AT ROOM
TEMPERATURE AND
AVOID EXCESSIVE HEAT.
TAMPER RESISTANT: DO
NOT USE IF SEAL UNDER
CAP IS BROKEN OR
MISSING.



#689753

B30165 05C

Compare to Centrum®
Women Under 50*

CVS/pharmacy

spectravite

Multivitamin/Multimineral Supplement

100 NEW COLOR
GLUTEN-FREE
TABLETS

ULTRA
WOMEN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate and 29% as Beta-Carotene)	3,500 IU 70%
Vitamin C (as Ascorbic Acid)	75 mg 125%
Vitamin D (as D3 Cholecalciferol)	800 IU 200%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	35 IU 117%
Vitamin K (as Phytonadione)	50 mcg 63%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.1 mg 73%
Riboflavin (Vitamin B-2)	1.1 mg 65%
Niacin (as Niacinamide)	14 mg 70%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	40 mcg 13%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose. Contains <2% of: Cellulose Coating, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Gelatin (Fish), Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains fish (cod, pollock, haddock, hake, cusk, reffish, sole, flounder) ingredients.

DIRECTIONS: For adult women, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate)	20 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	8 mg 53%
Selenium (as Sodium Selenate)	55 mcg 79%
Copper (as Cupric Sulfate)	0.9 mg 45%
Manganese (as Manganese Sulfate)	1.8 mg 90%
Chromium (as Chromium Picolinate)	25 mcg 21%
Molybdenum (as Sodium Molybdate)	50 mcg 67%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Boron (as Boric Acid and Sodium Borate)	150 mcg **
Nickel (as Nickel Sulfate)	5 mcg **
Silicon (as Silicon Dioxide)	2 mg **
Tin (as Stannous Chloride)	10 mcg **
Vanadium (as Sodium Metavanadate)	10 mcg **

**Daily Value not established.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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