

**Ultra Multi** is a state-of-the-art, all-in-one multi with more than 86 premium ingredients. An exclusive blend of 1450 mg. superfood/herbal base and 450 mg. super antioxidant/bioflavanoid form the foundation of this formula.

This unique formula is balanced, complete and whole, providing significant levels for optimum health and vitality.\*

**Suggested Use:** Six tablets daily, preferably 2-3 tablets with each meal.

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.**

Store in a cool, dry place.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC.  
Superior, WI 54880 (715) 392-7101

Product Code  
**DW101**

Rev:2

ALTRUM<sup>®</sup>

Established 1985

Ultra Multi

with-out iron

MULTIVITAMIN, MINERAL, SUPERFOOD SUPPLEMENT

Dietary Supplement 180 Tablets

Supplement Facts

| Serving Size: 6 Tablets<br>Servings per Container: 30                                                                     | Amount<br>per Serving | % Daily<br>Value |                                                                                                                       | Amount per<br>Serving | % Daily<br>Value |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|
| Vitamin A (as beta carotene and palmitate)                                                                                | 10000 IU              | 200%***          | Proprietary Superfood Blend                                                                                           | 375 mg                | **               |
| Vitamin C (ascorbic acid and acerola cherry)                                                                              | 500 mg                | 833%***          | Bee pollen, alfalfa, barley grass, chlorella, spirulina, parsley, royal jelly                                         |                       |                  |
| Vitamin D3 (as cholecalciferol)                                                                                           | 400 IU                | 100%***          | Methylsulfonylmethane (MSM)                                                                                           | 300 mg                | **               |
| Vitamin E (as d-alpha succinate)                                                                                          | 100 IU                | 333%***          | Proprietary Flavonoid Blend                                                                                           | 150 mg                | **               |
| Vitamin K1 (as phyloquinone)                                                                                              | 30 mcg                | 38%***           | Citrus bioflavonoids, grape seed extract, hesperidin complex, grape skin extract, pine bark extract, rutin, quercetin |                       |                  |
| Thiamin (as thiamine HCl)                                                                                                 | 22 mg                 | 1467%***         | Proprietary Herbal Extract Blend                                                                                      | 150 mg                | **               |
| Riboflavin                                                                                                                | 25 mg                 | 1471%***         | Eleuthero extract (root), Astragalus extract (root)                                                                   |                       |                  |
| Niacin (as niacin and niacinamide)                                                                                        | 80 mg                 | 400%***          | Schisandra extract (fruit), American Ginseng extract (root), Ginkgo extract (leaf), Rehmannia extract (root)          |                       |                  |
| Vitamin B6 (as pyridoxine HCl)                                                                                            | 30 mg                 | 1500%***         | Lecithin (Soy)                                                                                                        | 100 mg                | **               |
| Folic Acid                                                                                                                | 800 mcg               | 200%***          | Proprietary Sea Vegetable Blend                                                                                       | 100 mg                | **               |
| Vitamin B12 (as cyanocobalamin)                                                                                           | 90 mcg                | 1500%***         | Bladderwrack, kelp, nori, wakame                                                                                      |                       |                  |
| Biotin                                                                                                                    | 300 mcg               | 100%***          | Choline (from Choline Bitartrate)                                                                                     | 60 mg                 | **               |
| Pantothenic Acid (as d-calcium pantothenate)                                                                              | 80 mg                 | 800%***          | Inositol                                                                                                              | 60 mg                 | **               |
| Calcium (as calcium AAC, carbonate, citrate and dicalcium phosphate)                                                      | 500 mg                | 50%***           | L-Glutamic acid                                                                                                       | 60 mg                 | **               |
| Phosphorus (as dicalcium phosphate, phosphorus AAC)                                                                       | 200 mg                | 20%***           | Para amino benzoic acid (PABA)                                                                                        | 60 mg                 | **               |
| Iodine (from kelp)                                                                                                        | 200 mcg               | 133%***          | Proprietary Enzyme Blend                                                                                              | 60 mg                 | **               |
| Magnesium (as magnesium oxide, AAC)                                                                                       | 200 mg                | 50%***           | Bromelain, papain                                                                                                     |                       |                  |
| Zinc (as zinc AAC)                                                                                                        | 22 mg                 | 147%***          | Rice Bran                                                                                                             | 60 mg                 | **               |
| Selenium (as selenomethionine)                                                                                            | 85 mcg                | 121%***          | Betaine (as trimethylglycine)                                                                                         | 60 mg                 | **               |
| Copper (as copper AAC)                                                                                                    | 1 mg                  | 50%***           | Boron (as citrate)                                                                                                    | 1 mg                  | **               |
| Manganese (as manganese AAC)                                                                                              | 16 mg                 | 800%***          | Octacosanol (from wheat germ)                                                                                         | 1 mg                  | **               |
| Chromium (as chromium AAC, polynicotinate)                                                                                | 120 mcg               | 100%***          | CoQ10                                                                                                                 | 500 mcg               | **               |
| Molybdenum (as molybdenum AAC)                                                                                            | 50 mcg                | 67%***           | Vanadium (as vanadium AAC)                                                                                            | 30 mcg                | **               |
| Potassium (as potassium citrate)                                                                                          | 90 mg                 | 3%***            | *** Daily Values are based on a 2,000 calorie diet.                                                                   |                       |                  |
| Proprietary Vegetable Concentrate Blend                                                                                   | 450 mg                | **               | ** Daily Value not established.                                                                                       |                       |                  |
| Carrot, spinach, tomato, beet, broccoli, Brussels sprout, cauliflower, kale                                               |                       |                  | Contains wheat germ, soy and milk (Lactose fine powder).                                                              |                       |                  |
| Proprietary Herbal Support Blend                                                                                          | 450 mg                | **               |                                                                                                                       |                       |                  |
| Green tea (leaf), Gotu kola (herb), Fo-Ti (root), Sarsaparilla (root), Ginger (root), Dandelion (root), Peppermint (leaf) |                       |                  |                                                                                                                       |                       |                  |

**Other ingredients:** Di Calcium Phosphate, Stearic Acid, Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide  
**Contains no:** yeast, artificial coloring, or added animal derivatives. Product color may change over time due to natural ingredients.