



Ultimate Woman[®] 50+

high potency
multivitamin • multimineral

cardiovascular*

energy production*

immune*

antioxidant*

180 Tablets • Dietary Supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts Serving Size 3 Tablets, Servings Per Container: 60, Ingredients Per Serving: Vitamin A (as Vitamin A palmitate and beta carotene) 5,000 IU (100% DV), Vitamin C (as Active C[®] (as Tri-Sorb[™] Proprietary Blend as calcium ascorbate, magnesium ascorbate and zinc ascorbate)) 200 mg (333% DV), Vitamin D3 (as cholecalciferol) 1000 IU (250% DV), Vitamin E (as d-alpha tocopherol succinate) 30 IU (100% DV), Vitamin K (as menaquinone-7) 45 mcg (56% DV), Thiamine (Vitamin B1) (as thiamine mononitrate) 25 mg (1667% DV), Riboflavin (Vitamin B2) 25 mg (1471% DV), Niacin (as niacinamide) 25 mg (125% DV), Vitamin B6 (as pyridoxine HCl) 25 mg (1250% DV), Folate (as folic acid) 800 mcg (200% DV), Vitamin B12 (as methylcobalamin) 100 mcg (1667% DV), Biotin (as d-biotin) 300 mcg (100% DV), Pantothenic Acid (as d-calcium pantothenate) 25 mg (250% DV), Calcium (as calcium carbonate, Active C[®] and dicalcium phosphate) 200 mg (20% DV), Iodine (as potassium iodide) 150 mcg (100% DV), Magnesium (as magnesium oxide and Active C[®]) 100 mg (25% DV), Zinc (as zinc citrate and Active C[®]) 15 mg (100% DV), Selenium (as selenomethionine) 200 mcg (286% DV), Copper (as copper glycinate) 2 mg (100% DV), Manganese (as manganese glycinate) 2 mg (100% DV), Chromium (as chromium nicotinate, glycinate, chelate) 200 mcg (167% DV), Molybdenum (as molybdenum glycinate) 75 mcg (100% DV),

Ginkgo Biloba Extract (*Ginkgo biloba*)(leaf) std to 24% Ginkgo Flavonglycosides (28.8 mg) 120 mg (* DV), Pomegranate Extract (*Punica granatum*)(fruit) std to 40% Ellagic Acid (40 mg) 100 mg (* DV), Cranberry Concentrate 100 mg (* DV), Cinnamon Extract (*Cinnamomum cassia*)(bark) std to 10% Polyphenols (10 mg) 100mg (* DV), Alpha Lipoic Acid 50 mg (* DV), Green Tea Extract (*Camellia sinensis*)(leaf) std to 95% Polyphenols (47.5 mg) std to 40% EGCG (20 mg) 50 mg (* DV), Coenzyme Q-10 50 mg (* DV), Silica (as silicon dioxide and Horsetail Extract) 25 mg (* DV), Choline (as choline bitartrate) 25 mg (* DV), Inositol 25 mg (* DV), Black Pepper Concentrate 5 mg (* DV), Boron (as boron glycinate) 3 mg (* DV), Lutein 1 mg (* DV), Lycopene 1 mg (* DV), Vanadium (as vanadyl sulfate) 1 mg (* DV)
* Daily Value not established.

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

Contains: Soy.

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

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 1-800-233-1218 for more information and to locate.

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