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Item No. 6250



ULTRA WOMAN™ DAILY MULTI

Premium Performance Formula For Women
Full Spectrum Multi-Nutrient

HIGH POTENCY TIMED RELEASE

DIETARY SUPPLEMENT

90 COATED
CAPLETS

TO REORDER ITEM # 6250

Supplement Facts

Serving Size 2 Caplets
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%
Iron (as Ferrous Fumarate)	18 mg 100%
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%
Copper (as Cupric Oxide)	2 mg 100%

Amount Per Serving	%Daily Value
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%
Vanadium (as Sodium Metavanadate)	10 mcg *
Boron (as Boronorganic Glycine)	2 mg *
Alpha Lipoic Acid	10 mg *
Hesperidin Complex	5 mg *
Ultra Woman™ Proprietary Blend	100 mg *
Collagen (Hydrolyzed Gelatin), Choline (as Choline Bitartrate), Inositol, Silicon Dioxide	1
Ultra Woman™ Fruit and Vegetable Blend	100 mg 2 *
Citrus Bioflavonoids (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), Carrot Extract, Broccoli Extract, Cabbage Extract, Lutein, Coenzyme Q-10, Resveratrol from (Polygonum cuspidatum) (root), Lycopene	

*Daily Value not established.

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

DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Store at room temperature. Do not use if seal under cap is broken or missing.

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.

No Artificial Color, No Preservatives, No Sugar,
No Gluten, No Wheat, No Yeast, No Fish.

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www.puritan.com
1-800-645-1030

Carefully Manufactured by
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