



Ultimate Woman[®] Gold no iron

a highly bioavailable
multivitamin • multimineral

women's wellness [✓]	energy production [✓]
immune [✓]	cardiovascular [✓]
	digestion [✓]

90 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts Serving Size 3 Tablets,
Servings Per Container: 30, Ingredients Per Serving: Vitamin A
(as 50% Beta Carotene and 50% retinyl palmitate) 1126 mcg (125% DV),
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)
500 mg (556% DV), Vitamin D3 (as cholecalciferol) 50 mcg (250% DV),
Vitamin E (as d-alpha tocopherol acid succinate) 25 mg (167% DV), Vitamin
K2 (as Menaquinone MK-7) 45 mcg (38% DV), Thiamine (Vitamin B1) (as
thiamine mononitrate) 80 mg (6667% DV), Riboflavin (Vitamin B2)
80 mg (6154% DV), Niacin (as niacinamide) 80 mg (500% DV),
Vitamin B6 (as pyridoxine HCl) 50 mg (2941% DV), Folate 1333 DFE
(800 mcg folic acid) (333% DV), Vitamin B12 (as methylcobalamin)
500 mcg (20833% DV), Biotin (as d-biotin) 600 mcg (2000% DV),
Pantothenic Acid (as d-calcium pantothenate) 50 mg (1000% DV),
Calcium (from calcium ascorbate, calcium carbonate and calcium citrate)
500 mg (38% DV), Iodine (from potassium iodide) 150 mcg (100%
DV), Magnesium (from magnesium ascorbate, magnesium oxide and magnesium
citrate) 100 mg (24% DV), Zinc (from zinc ascorbate and zinc citrate)
25 mg (227% DV), Selenium (from L-selenomethionine) 200 mcg (364% DV),
Copper (from copper glycinate chelate) 2 mg (222% DV), Manganese
(from manganese glycinate) 2 mg (87% DV), Chromium (from chromium
nicotinate glycinate) 200 mcg (571% DV), Molybdenum (from molybdenum
glycinate) 75 mcg (167% DV), Potassium (from potassium citrate)
99 mg (2% DV), Choline (from choline bitartrate) 25 mg (5% DV),
Hair, Skin and Nails Blend: Opti-MSM[®] MSM (methylsulfonylmethane)
200 mg, Silica (as silicon dioxide and Horsetail 7% Extract)(*Equisetum arvense*)(whole
plant) 100 mg, Hyaluronic Acid 25 mg 325 mg (* DV), Women's Health
Blend: Pomegranate Extract (*Punica granatum*)(fruit) 100 mg std to 40%

Elagic Acid (40 mg), BroccoSinolate[™] (Broccoli Extract) (*Brassica
oleracea italica* & *Brassica juncea*)(florets, seeds, sprouts)
100 mg std to 4% Glucosinolates (4 mg), Cranberry Fruit Extract
(*Vaccinium macrocarpon*)(fruit) (30% organic acids) 100 mg,
Pueraria Root Extract (*Pueraria lobata*)(root) 50 mg std to
40% Isoflavones (20 mg), Chaste Tree (*Vitex agnus-castus* L.)
(fruit) std to 0.5% Agnusides (125 mcg), DIM (diindolylmethane)
25 mg 400 mg (* DV), Antioxidant Health Blend/
Energy Blend: Trans-Resveratrol Extract (*Polygonum cuspidatum*)
(root) 100 mg std to 50% Trans-Resveratrol (50 mg), Co-Enzyme
Q-10 (Ubidecarenone) 50 mg, Alpha Lipoic Acid 100 mg,
Green Tea Extract (*Camellia sinensis*)(leaf) 100 mg
std to 98% Polyphenols (98 mg) std to 45% EGCG (45 mg),
Rhodiola Rosea Extract (*Rhodiola rosea*)(root)
108 mg std to 5% Rosavins (5.4 mg) 458 mg (* DV),
Eye Health Blend: Lutein 3 mg, Lycopene (from tomato
extract) 1 mg, Zeaxanthin 1 mg 5 mg (* DV),
Digestive Blend: *Bacillus coagulans* 100 mg (minimum
15 billion CFU/g), Bromelain (2400 GDU/g)(from pineapple) 50 mg,
Ginger Root Extract, (*Zingiber officinale rosea*)(root) 25 mg std to
5% Gingerols (1.25 mg), Papain 2M (from papaya) 25 mg
200 mg (* DV), Vanadium (from vanadyl sulfate)
1 mg (* DV), Inositol 25 mg (* DV),
PABA (para-aminobenzoic acid) 25 mg (* DV),
Black Pepper Extract (*Piper nigrum*)(fruit)
std to 95% Piperine Alkaloids (4.75 mg) 5 mg (* DV),
Boron (as boron glycinate) 3 mg (* DV)
* Daily Value not established.

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

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

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