

Compare to the ingredients
in Centrum® Women™

CVS/pharmacy
spectravite
Multivitamin/Multimineral Supplement

120 GLUTEN-FREE
TABLETS

**ULTRA
WOMEN**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 IU (29% as Beta-Carotene)	70%	Vitamin B6 2 mg	100%	Iodine 150 mcg	100%	Chloride 72 mg	2%
Vitamin C 75 mg	125%	Folic Acid 400 mcg	100%	Magnesium 100 mg	25%	Potassium 80 mg	2%
Vitamin D 800 IU	200%	Vitamin B12 6 mcg	100%	Zinc 8 mg	53%	Nickel 5 mcg	*
Vitamin E 35 IU	117%	Biotin 40 mcg	13%	Selenium 18 mcg	26%	Silicon 2 mg	*
Vitamin K 50 mcg	63%	Pantothenic Acid 15 mg	150%	Copper 0.5 mg	25%	Vanadium 10 mcg	*
Thiamin 1.1 mg	73%	Calcium 200 mg	20%	Manganese 1.8 mg	90%	Tin 10 mcg	*
Riboflavin 1.1 mg	65%	Iron 18 mg	100%	Chromium 32 mcg	27%		
Niacin 14 mg	70%	Phosphorus 20 mg	2%	Molybdenum 50 mcg	67%		

*Daily Value (DV) not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, dl-Alpha Tocopheryl Acetate (Vit. E), Gelatin, Stearic Acid, Calcium Pantothenate, Croscarmellose Sodium, Hypromellose, Niacinamide, Polydextrose, Titanium Dioxide Color, Calcium Silicate, Magnesium Stearate, Zinc Oxide, Silicon Dioxide, Manganese Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride (Vit. B6), Medium Chain Triglycerides, Thiamine Mononitrate (Vit. B1), Cupric Sulfate, Vitamin A Acetate, Riboflavin (Vit. B2), Beta-Carotene, Folic Acid, Chromium Picolinate, Potassium Iodide, FD&C Red #40 Aluminum Lake, Sodium Molybdate, Phytanadione (Vit. K), Sodium Selenate, Biotin, FD&C Blue #2 Aluminum Lake, Sodium Metavanadate, Stannous Chloride, Cholecalciferol (Vit. D3), Nickel Sulfate, Cyanocobalamin (Vit. B12), FD&C Yellow #6 Aluminum Lake.

Suggested Use: Adults: Take one (1) tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

As with any supplement, if you are pregnant, nursing a baby, taking medication or have a medical condition, ask a doctor before using this product.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. (1-800-222-1222)

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.
Store at room temperature. Keep bottle tightly closed.

*This product is not manufactured or distributed by Pfizer, marketer of Centrum® Women.

Do not use if printed seal under cap is broken or missing

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