

Manufactured by:
Douglas Laboratories
 600 Boyce Road
 Pittsburgh, PA 15205 USA
 www.douglaslabs.com
 1.800.245.4440



This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 tablets daily with meals or as directed by your healthcare professional.

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.

WARNING: Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #7419

Ultra Fem

A Dietary Supplement



260 Tablets

Supplement Facts

Serving Size 6 tablets
 Servings Per Container 43

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 12,500 IU (90% as Vitamin A Palmitate 10% as Beta-Carotene)	250%	Copper.....0.5 mg (from Copper Chelate)	25%
Vitamin C..... 1500 mg (Ascorbic Acid)	2500%	Manganese.....10 mg (from Manganese Aspartate Complex)	500%
Vitamin D-3..... 100 IU	25%	Chromium.....150 mcg (from Chromium Chelate)	125%
Vitamin E 400 IU	1333%	Potassium.....50 mg (from Potassium Aspartate Complex)	1%
Thiamine..... 100 mg	6667%		
Riboflavin.....25 mg	1471%	Choline282 mg (from 600 mg Choline Bitartrate)	*
Niacin/Niacinamide..... 40 mg	200%	Inositol25 mg	*
Vitamin B-6 300 mg (as Pyridoxine HCl)	15,000%	PABA 50 mg	*
Folic Acid 400 mcg	100%	Bioflavonoids250 mg	*
Vitamin B-12 100 mcg	1667%	Rutin25 mg	*
Biotin 200 mcg	67%	Betaine76 mg (from 100 mg Betaine HCl)	*
Pantothenic Acid 100 mg (as d-Calcium Pantothenate)	1000%	Pancreatin Equivalent..... 600 mg Providing:	*
Calcium.....200 mg (from Calcium Aspartate Complex)	20%	Amylase Activity 15,000USP	*
Iron (as Ferronyl®)..... 15 mg	83%	Protease Activity ... 15,000 USP	*
Iodine (from Kelp) 200 mcg	133%	Lipase Activity 1200 USP	*
Magnesium400 mg (from Magnesium Aspartate Complex)	100%		
Zinc.....25 mg (from Zinc Aspartate Complex)	167%		
Selenium..... 100 mcg (from Selenium Chelate)	143%		

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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