

Advanced Multi-Vitamin & Mineral Supplement

An Advanced Multi-Vitamin & Mineral Made Specifically for Women.

WOMEN'S ULTRA DAILY® includes a superior vitamin/mineral foundation as well as proprietary blends that no other multi-vitamin has!

- **Hair, Nails & Skin Blend** - With clinically proven Biotin, to help achieve healthy hair, nails and skin*, along with other ingredients such as Vitamin C, Vitamin E and Mixed Carotenoids.
- **Energy and Vitality Blend** - A proprietary blend of ingredients that offers women the energy and vitality needed to power through everyday activities of life.*

Directions: Take 4 capsules daily, preferably at mealtime or as directed by your healthcare professional.

WARNING: If you are pregnant or nursing, taking any medication or have any medical condition, consult a health care professional before use. Discontinue use of this product at least two weeks prior to any surgery.

KEEP OUT OF REACH OF CHILDREN. MANUFACTURED BY TWINLAB CORPORATION
 Store in a cool, dry place. AMERICAN FORK, UTAH 84003 USA
 Best if used by date shown on bottle. 1-800-645-5626 | www.twinlab.com

*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.



100% or more
of 18 Essential
Nutrients

WOMEN'S ULTRA DAILY

Promotes **ENERGY & Vitality***
 Clinically Proven to

- Promote Healthy **HAIR, NAILS & SKIN***
- Support Health & Wellness*

DIETARY SUPPLEMENT



120 Easy to Swallow Capsules

Supplement Facts

Serving Size 4 Capsules
 Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from beta carotene and mixed carotenoids)	1000 IU 200%	Zinc (from zinc chelate)	20 mg 133%
Vitamin C (from ascorbic acid)	400 mg 667%	Selenium (from sodium selenate)	100 mcg 143%
Vitamin D (from cholecalciferol)	400 IU 100%	Copper (from copper gluconate)	2 mg 100%
Vitamin E (from d-alpha tocopheryl acid succinate)	400 IU 1333%	Manganese (from manganese aspartate)	5 mg 250%
Thiamin (from thiamine mononitrate)	25 mg 1667%	Chromium (from chromium polynicotinate)	200 mcg 167%
Riboflavin	25 mg 1471%	Molybdenum (from molybdenum chelate)	50 mcg 67%
Niacin (from niacinamide)	25 mg 125%	Boron (from boron chelate)	3 mg †
Vitamin B6 (from pyridoxine hydrochloride)	25 mg 1250%	Vanadium (from vanadium chelate)	50 mcg †
Folic Acid	800 mcg 200%	Hair, Nails and Skin Blend	735 mg †
Vitamin B12 (from cyanocobalamin)	250 mcg 4167%	Vitamin C, Vitamin E, Mixed Carotenoids, Biotin.	
Biotin	2500 mcg 833%	Energy and Vitality Blend	350 mg †
Pantothenic Acid (from d-calcium pantothenate)	50 mg 500%	Extract of Eleutherococcus senticosus (root and rhizome), Ginkgo biloba Leaf, Astragalus membranaceus Root, Panax ginseng Root, Schizandra chinensis (fruit and seed), Polygonum multiflorum Root, Eucommia ulmoides Cortex, Polygonatum sibirica Rhizome, Gynostemma pentaphylla (aerial parts), Sargassum fusiforme Leaf, Ganoderma lucidum Fruit, Zizyphus jujuba Fruit, Lycium barbarum Fruit, Momordica grosvenori Fruit.	
Calcium (from calcium carbonate and d-calcium pantothenate)	510 mg 51%		
Iodine (as potassium iodine)	150 mcg 100%		
Magnesium (from magnesium oxide)	250 mg 63%		

OTHER INGREDIENTS: Gelatin, rice flour, medium chain triglycerides, potassium citrate. **Contains 2% or less of:** Silica, magnesium stearate.