



Ultra Fem

A Dietary Supplement



**Douglas
Laboratories®**

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	250%	Copper	0.5 mg	25%
(90% as Vitamin A Palmitate 10% as Beta-Carotene)			(from Copper Chelate)		
Vitamin C	1500 mg	2500%	Manganese	10 mg	500%
(Ascorbic Acid)			(from Manganese Aspartate Complex)		
Vitamin D-3	100 IU	25%	Chromium	150 mcg	125%
Vitamin E	400 IU	1333%	(from Chromium Chelate)		
Thiamine	100 mg	6667%	Potassium	50 mg	1%
Riboflavin	25 mg	1471%	(from Potassium Aspartate Complex)		
Niacin/Niacinamide	40 mg	200%	Choline	282 mg	*
Vitamin B-6	300 mg	15,000%	(from 600 mg Choline Bitartrate)		
(as Pyridoxine HCl)			Inositol	25 mg	*
Folic Acid	400 mcg	100%	PABA	50 mg	*
Vitamin B-12	100 mcg	1667%	Bioflavonoids	250 mg	*
Biotin	200 mcg	67%	Rutin	25 mg	*
Pantothenic Acid	100 mg	1000%	Betaine	76 mg	*
(as d-Calcium Pantothenate)			(from 100 mg Betaine HCl)		
Calcium	200 mg	20%	Pancreatin Equivalent	600 mg	*
(from Calcium Aspartate Complex)			Providing:		
Iron (as Ferronyl®)	15 mg	83%	Amylase Activity	15,000 USP	*
Iodine (from Kelp)	200 mcg	133%	Protease Activity	15,000 USP	*
Magnesium	400 mg	100%	Lipase Activity	1200 USP	*
(from Magnesium Aspartate Complex)					
Zinc	25 mg	167%			
(from Zinc Aspartate Complex)					
Selenium	100 mcg	143%			
(from Selenium Chelate)					

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

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

