

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Disintegrates over five hours for timed-release benefit.

No Artificial Colors, No Artificial Flavors, Sodium Free, No Wheat, No Gluten, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

Ultra Mega[®] GOLD

WITHOUT IRON
DIETARY SUPPLEMENT

Nutrient-dense multivitamin, mineral and antioxidant formula designed to support:

- Energy Production
- Heart Health
- Eye Health
- Healthy Digestion

 **TIMED
RELEASE**

90 CAPLETS

Supplement Facts

Serving Size Two Caplets

Servings Per Container 45

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 5000 IU (50% as beta-Carotene & 50% as Acetate)	100%	Chromium 120 mcg (as Hydrolyzed Protein Chelate)	100%
Vitamin C (as Ascorbic Acid) 500 mg	833%	Molybdenum (as Sodium Molybdate) 75 mcg	100%
Vitamin D (as Cholecalciferol D-3) 600 IU	150%		
Vitamin E 100 IU (as Natural d-alpha Tocopheryl Succinate & Mixed Tocopherols)	333%	Choline (as Choline Bitartrate) 55 mg	*
Thiamin (Vitamin B-1) 100 mg (as Thiamin Mononitrate)	6667%	alpha-Lipoic Acid 50 mg	*
Riboflavin (Vitamin B-2) 100 mg	5882%	Inositol 25 mg	*
Niacin (as Niacinamide) 100 mg	500%	Amylase 20 mg	*
Vitamin B-6 100 mg (as Pyridoxine Hydrochloride)	5000%	Green Tea Leaf Extract (Camellia sinensis) 15 mg	*
Folic Acid 600 mcg	150%	Citrus Bioflavonoids Complex 12.5 mg	*
Vitamin B-12 (as Cyanocobalamin) 150 mcg	2500%	Hesperidin Complex 12.5 mg	*
Biotin 300 mcg	100%	Quercetin (as Quercetin Dihydrate) 12.5 mg	*
Pantothenic Acid 100 mg (as Calcium d-Pantothenate)	1000%	Rutin Powder 12.5 mg	*
Calcium (as Calcium Carbonate) 100 mg	10%	Cellulase 12 mg	*
Iodine (as Kelp) 150 mcg	100%	Lipase 12 mg	*
Magnesium (as Magnesium Oxide) 50 mg	13%	Protease 6 mg	*
Zinc (as Zinc Oxide) 15 mg	100%	Boron (as Hydrolyzed Protein Chelate) 1 mg	*
Selenium (as L-Selenomethionine) 200 mcg	286%	Lutein (as Lutein Esters) 950 mcg	*
Copper (as Cupric Oxide) 2 mg	100%	Lycopene 950 mcg	*
Manganese (as Manganese Sulfate) 2 mg	100%	Tocotrienol Complex 900 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Caramel Color, Carmine Color, Maltodextrins, Medium Chain Triglycerides, Natural Vanilla Flavor, Sucralose, Titanium Dioxide (Natural Mineral Whitener). **CONTAINS: Milk.**

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