

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.

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

DIETARY SUPPLEMENT

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

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

180 CAPLETS

TIMED
RELEASE

Supplement Facts

Serving Size Two Caplets
Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Acetate)	5000 IU 100%	Copper (as Cupric Oxide)	2 mg 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin D (as Cholecalciferol D-3)	600 IU 150%	Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate & Mixed Tocopherols)	100 IU 333%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg 6667%	Choline (as Choline Bitartrate)	55 mg *
Riboflavin (Vitamin B-2)	100 mg 5882%	alpha-Lipoic Acid	50 mg *
Niacin (as Niacinamide)	100 mg 500%	Inositol	25 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg 5000%	Amylase	20 mg *
Folic Acid	600 mcg 150%	Green Tea Leaf Extract (<i>Camellia sinensis</i>)	15 mg *
Vitamin B-12 (as Cyanocobalamin)	150 mcg 2500%	Citrus Bioflavonoids Complex	12.5 mg *
Biotin	300 mcg 100%	Hesperidin Complex	12.5 mg *
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg 1000%	Quercetin (as Quercetin Dihydrate)	12.5 mg *
Calcium (as Calcium Carbonate)	100 mg 10%	Rutin Powder	12.5 mg *
Iron (as Ferrous Fumarate)	18 mg 100%	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 *
		Lycopene	950 mcg *
		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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