

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.

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

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For more information:
1-888-462-2548

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

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GNC MULTIVITAMIN

Ultra Mega®

DIETARY SUPPLEMENT

vegetarian multivitamin and mineral formula

- *one caplet per day*
- *antioxidant protection*
- *cardiovascular support*
- *75 mg B-complex*
- *600 IU vitamin D*

 **TIMED
RELEASE**

180  **Vegetarian CAPLETS**

CODE 158731

Directions: As a dietary supplement, take one caplet daily with food.

CJG

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene, 50% as Acetate)	5000 IU 100%	Selenium (as L-Selenomethionine)	200 mcg 286%
Vitamin C (as Ascorbic Acid)	200 mg 333%	Copper (as Cupric Oxide)	2 mg 100%
Vitamin D (as Ergocalciferol D-2)	600 IU 150%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%	Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	75 mg 5000%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Riboflavin (Vitamin B-2)	75 mg 4412%	Potassium (as Potassium Chloride)	5 mg <1%
Niacin (as Niacinamide)	75 mg 375%	Choline (as Choline Bitartrate)	35 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg 3750%	Rutin Powder	20 mg *
Folic Acid	600 mcg 150%	alpha-Lipoic Acid	15 mg *
Vitamin B-12 (as Cyanocobalamin)	75 mcg 1250%	Green Tea Leaf Extract (<i>Camellia sinensis</i>)	15 mg *
Biotin	75 mcg 25%	Citrus Bioflavonoids Complex	10 mg *
Pantothenic Acid (as Calcium d-Pantothenate)	75 mg 750%	Quercetin (as Quercetin Dihydrate)	5 mg *
Calcium (as Calcium Carbonate)	100 mg 10%	Hesperidin Complex	5 mg *
Iron (as Ferrous Fumarate)	18 mg 100%	Boron (as Hydrolyzed Protein Chelate)	1 mg *
Iodine (as Kelp)	150 mcg 100%	N-Acetyl-L-Cysteine (NAC)	500 mcg *
Magnesium (as Magnesium Oxide)	50 mg 13%	Lutein (as Lutein Esters)	300 mcg *
Zinc (as Zinc Oxide)	15 mg 100%	Lycopene	300 mcg *
		Inositol	75 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Natural Vanilla Flavor, Whole Brown Rice Powder (*Oryza sativa*), Sucrolose, Alfalfa Leaf Powder (*Medicago sativa*), Soy Lecithin, Papain, Parsley Herb Powder (*Petroselinum crispum*), Rose Hips Powder (*Rosina canina*), Watercress Powder (*Nasturtium officinale*).