

Adequate nutrition is essential for both optimal health and athletic performance. Women's Ultra Mega®Active features the same great benefits as our Women's Ultra Mega®Active multivitamin like bone health, immune defense and antioxidant protection plus nutrients that won't fit into a pill like fiber, protein and CLA.

Lean Muscle Fuel

- Features 10 g of protein which can help increase the feeling of fullness.* Along with exercise, protein is a quality fuel for lean muscle. When building lean muscle, metabolism increases, helping to burn more calories around the clock.
- Features a performance blend with green tea, ginkgo biloba, ginseng and branched chain amino acids (BCAA). BCAA help to reduce the amount of protein breakdown during intense exercise.*

Energy and Metabolism

- Provides green tea and B-vitamins that are essential for carbohydrate metabolism and energy production.*
- Features L-carnitine to facilitate the metabolism of long chain fatty acids. L-carnitine transforms fatty acids into energy for muscles.*

Electrolyte Replacement

- Features key electrolytes including potassium and chloride, which help to regulate body fluids.* Intense exercise and inadequate consumption can result in a loss of these valuable electrolytes and may lead to muscle cramping.*

Bone, Breast and Colon Health

- Provides 500 mg of calcium along with magnesium and vitamin D-3 to enhance its absorption. These nutrients are essential in the development of healthy bones and teeth.*
- Features 1,000 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and colon health.

Digestive Health

- Includes 8 g of dietary fiber per serving. Fiber aids in digestive health, eliminates unwanted toxins from the body and increases your feeling of fullness.



WOMEN'S
ULTRA MEGA®
ACTIVE

DIETARY SUPPLEMENT

Premium formula designed for women who exercise regularly

- Fuels lean muscle with 10 g of protein*
- Supports energy & metabolism*
- Promotes digestive health with 8 g of fiber*
- 1,000 IU of vitamin D-3 and calcium for bone, breast and colon health*
- Electrolyte replacement to fuel performance*

Natural and Artificial Flavor
MILK CHOCOLATE

NET WT 36.96 OZ (2.31 LB) 1050 G

CODE 171068
DIRECTIONS: As a dietary supplement, mix two rounded scoops (35g) with 8 - 12 fl. oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. May vary amount of liquid depending on thickness desired.

Supplement Facts	
Serving Size Two Rounded Scoops (35 g)	
Servings Per Container 30	
Amount Per Serving	
Calories 110	
Calories from Fat 20	
	% Daily Value†
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 25mg	8%
Total Carbohydrate 12g	3%
Dietary Fiber 8g	32%
Sugar 2g	
Protein 10g	
Vitamin A (as Vitamin A Palmitate & beta-Carotene)	5000 IU 100%
Vitamin C (as Calcium Ascorbate)	200 mg 330%
Vitamin D (as Cholecalciferol D-3)	1000 IU 250%
Vitamin E (as Vitamin E Acetate)	30 IU 100%
Vitamin K (as Phytanadione K-1)	80 mcg 100%
Thiamin (as Thiamin Mononitrate)	50 mg 3330%
Riboflavin	50 mg 2940%
Niacin (as Niacinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg 2500%
Folic Acid	600 mcg 150%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 830%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Selenium Amino Acid Chelate)	200 mcg 265%
Copper (as Copper Gluconate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Amino Acid Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride	150 mg 4%
Sodium	280 mg 12%
Potassium	250 mg 6%

% Daily Value†	
Proprietary Performance Blend	100 mg *
Panax Ginseng Root Extract, Ginkgo Biloba Leaf Extract, Green Tea Leaf Extract	
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg
Cranberry Powder (Vaccinium macrocarpon)	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Boron Amino Acid Chelate)	2 mg *
Lutein	950 mcg *
Lycopene	950 mcg *
Astaxanthin	50 mcg *
Zeaxanthin	50 mcg *
Vanadium (as Vanadium Amino Acid Chelate)	5 mcg *
Fiber Blend	8 g *
Inulin, FOS-Fructooligosaccharides, Gum Arabic, Cellulose, Soy Fiber, Resistant Starch	
Carnitine (as L-Carnitine)	500 mg *
BCAA Blend	500 mg *
L-Leucine, L-Valine, L-Isoleucine	
Essential Fatty Acid Blend	2 g *
MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic Acid), Flaxseed Oil, Safflower Oil, Olive Oil, Borage Oil and Evening Primrose Oil	
Antioxidant Fruit & Vegetable Blend	200 mg *
Plum Powder, Wild Blueberry Powder, Cherry Powder, Parsley Leaf Powder, Kale Leaf Powder, Spinach Leaf Powder, Wheat Grass Juice Powder, Cranberry Powder, Blueberry Powder, Strawberry Powder, Orange Powder, Raspberry Powder, Brussels Sprout Powder, Asparagus Powder, Blackberry Powder, Broccoli Powder, Bilberry Powder, Grape Skin Extract, Beet Juice Powder, Cauliflower Powder, Apricot Powder, Papaya Powder, Carrot Powder, Cabbage Powder, Garlic Powder, Grape Powder, Pineapple Powder	

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

OTHER INGREDIENTS: Whey Protein Concentrate, Dutch Process Cocoa, Nonfat Dry Milk, Natural & Artificial Chocolate Flavor, Lecithin, Xanthan, Sodium Citrate, Potassium Citrate, Sodium Chloride, Xanthan, Sucralose, Acesulfame Potassium.
CONTAINS: Milk, Soybeans and Wheat. Manufactured on equipment, which processes products containing milk, egg, soybeans, shellfish, fish oil, tree nuts and peanut flavor.
NOTICE: Significant product settling may occur.

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.

GNC GUARANTEE
Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

Place UPC
Here

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For more information:
1-888-462-2548

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* 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.