

WOMEN'S ULTRA MEGA® ACTIVE

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 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*
- Electrolyte replacement to fuel performance*
- 1,000 IU of vitamin D-3 and calcium for bone, breast and colon health*
- Promotes digestive health with 8 g of fiber*

Natural and Artificial Flavor
VANILLA CREME

GREAT-TASTING

NET WT 36.96 OZ (2.31 LB) 1050 G

Place UPC
Here

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* 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.



Active

CODE 171069

Directions: As a dietary supplement, mix two rounded scoops (35 g) 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 2.5 g	4%†
Saturated Fat 1 g	5%†
Cholesterol 25 mg	8%†
Total Carbohydrate 12 g	3%†
Dietary Fiber 8 g	32%†
Sugar 2 g	
Protein 10 g	
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 Phytonadione 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%

Other Ingredients: Whey Protein Concentrate, Nonfat Dry Milk, Natural & Artificial Vanilla Cream Flavor, Lecithin, Xanthan, Sodium Citrate, Potassium Citrate, Sodium Chloride, 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.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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.

Amount Per Serving	% Daily Value
Sodium 280 mg	12%
Potassium 250 mg	6%
Proprietary Performance Blend	*
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 (<i>Vaccinium macrocarpon</i>)	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	

*Daily Value Not Established.

†Percent Daily Values are based on a 2000 calorie diet.

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!

Lot No./Best By: