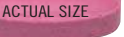


CODE 329711
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:

Supplement Facts		
Serving Size Four Pink Caplets		
Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	333%
Vitamin D (as Cholecalciferol D-3)	2000 IU	500%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacin & Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	1000 mg	100%
Magnesium (as Magnesium Oxide)	250 mg	63%
Zinc (as Zinc Oxide)	15 mg	100%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycerides, Sucralose.

CONTAINS: Fish and Milk.



ACTUAL SIZE

Supplement Facts		
Serving Size One Brown Filled Capsule		
Amount Per Serving	% Daily Value	
Selenium (as L-Selenomethionine)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
MBP®	40 mg	*
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Green Tea Leaf Extract (Camellia sinensis)	10 mg	*
Cranberry Concentrate (Vaccinium macrocarpon)	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lutemax 2020™ Lutein	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin	190 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Other Ingredients: Cellulose, Gelatin, Maltodextrin.

CONTAINS: Soybeans and Wheat.

WARNING: Contains Black Cohosh which is not to be used while pregnant or nursing.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

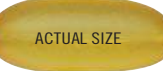


ACTUAL SIZE

Supplement Facts		
Serving Size One Yellow Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Cholesterol	5 mg	2%
Total Omega-3 Fatty Acids (including DHA/EPA)	300 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

This product is regularly tested (using AOAC international protocols) for potency and purity by an independent, FDA-registered laboratory and found to be free of detectable levels of mercury, cadmium and lead.



ACTUAL SIZE

Supplement Facts		
Serving Size One Yellow Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
(as Evening Primrose Oil)(Oenothera biennis)		
Polyunsaturated Fat	1 g	*

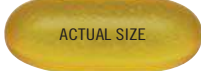
† Percent Daily Value based on a 2000 calorie diet.
* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic and Stearic Acid).

Typical fatty acid profile per Capsule:

Linoleic Acid (LA)(omega-6)	910 mg
gamma-Linolenic Acid (GLA)(omega-6)	100 mg
Other Fatty Acids	290 mg

Potency verified by GNC procedure #5123. Conforms to USP <2091> for weight.



ACTUAL SIZE

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

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!

2X MORE D-3†



WOMEN'S ULTRA MEGA® Menopause

Dietary Supplement

VITAPAK® PROGRAM FOR WOMEN EXPERIENCING MENOPAUSE

Clinically studied multivitamin^ with 2,000 IU of vitamin D-3
Helps manage hot flashes and night sweats*
Improves bone density*
Supports heart and cholesterol health with omega-3s*



30 PACKS

NEW & IMPROVED

CLINICALLY STUDIED^

Menopause

WOMEN'S ULTRA MEGA® MENOPAUSE

GNC Women's Ultra Mega® Menopause Vitapak® Program conveniently combines nutrients and special ingredients designed to support a woman's overall health as she experiences mid-life changes.

- **Women's Ultra Mega® Bone Density without Iron and Iodine** – Our premium timed-release, clinically studied^ formula includes vitamins and minerals designed specifically to emphasize the key nutrients for bone health. Features 1,000 mg of calcium, 2,000 IU of vitamin D-3 and 40 mg of clinically studied MBP®, a protein complex derived from milk, shown to support natural bone building.* Enhanced with a broad spectrum of cell-protecting antioxidant nutrients and vitamin K, copper, zinc and manganese which are essential nutrients involved in the formation of the bone matrix.*
- **Menopause Formula** – An advanced isoflavone formula that features standardized soy isoflavones and Isolase®. Natural soy isoflavones act as mild estrogens and may help manage hot flashes and night sweats associated with menopause.* Isolase® is a patented enzyme system. Laboratory studies indicate that Isolase® can significantly increase the availability of soy isoflavones.* This formula is enhanced with black cohosh, a popular herb studied in German clinical trials and frequently recommended for hot flashes.
- **Evening Primrose Oil** – Supplies a natural source of the omega-6 fatty acid gamma-linolenic acid (GLA). GLA provides dietary support for cardiovascular system function, healthy blood lipid levels and healthy joint function.* It also helps to maintain smooth, healthy-looking skin and acts as a precursor to prostaglandins, hormone-like substances that help to regulate the body processes, including hormone balance.*
- **Fish Oil** – Fish oil provides heart healthy omega-3s, essential long chain fatty acids that play a critical role in every day body functions.* Each daily serving provides 300 mg of omega-3 fatty acids. The omega-3 fatty acids found in fish oil are necessary for heart, joint and eye health.* They help maintain healthy cholesterol levels and are necessary in the maintenance of normal blood pressure.*

^In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

*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.