

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%
alpha-Lipoic Acid	50 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Silica	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lycopene	950 mcg	*
Lutein (as Lutein Esters)	950 mcg	*
Zeaxanthin	50 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Mica, Caramel Color, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

CONTAINS: Fish and Soybeans.

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.



WELLbeing®

be-WHOLE™ MULTIVITAMIN & MINERAL WITH IRON

dietary supplement
for women

Timed-Release
120 Pleasant-Tasting Caplets

CODE 669521

JLG

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets

Servings Per Container 60

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)	600 IU	150%
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)	80 mg	5333%
Riboflavin (Vitamin B-2)	80 mg	4706%
Niacin (as Niacinamide & Niacin)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	80 mg	4000%
Folic Acid	600 mcg	150%
Vitamin B-12 (as Cyanocobalamin)	80 mcg	1333%
Biotin	600 mcg	200%
Pantothenic Acid (as Calcium d-Pantothenate)	80 mg	800%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg	50%
Iron (as Hydrolyzed Protein Chelate)	18 mg	100%
Magnesium (as Magnesium Oxide)	250 mg	63%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	200 mcg	286%

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
Lot No./Best By: