

Conforms to USP <2091> for weight.
No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten,
No Dairy.

Lutemax 2020™ Lutemax 2020™ is a trademark of
OmniActive Health Technologies.

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

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!



Please recycle this box.

be-WHOLE™

MULTIVITAMIN & MINERAL

Not the perfect eater?
Supplement your diet for whole health...

Are you always on the go - picking up your kids, running to the gym, or on your way to yet another meeting? When you're leading an active lifestyle, getting all the nutrients your body needs isn't always easy. Safeguard your diet with a premium multivitamin that picks up the slack when you don't have the time to eat a perfectly balanced meal. Taking **be-WHOLE™** multivitamin can enhance your diet by providing the vitamins and minerals essential for whole body health.

be-WHOLE™ is a multivitamin and mineral formula specially designed to help you look and feel better.* One daily dose provides you with the vitamins and minerals you need to promote energy production so you can keep up with your busy schedule; bone-strengthening ingredients to support bone health; and nutrients that support your natural immune system and overall health.* Plus, **be-WHOLE™** is iron-free, so it's gentler on the stomach.

be-WHOLE™ delivers a variety of antioxidants for extra protection! Antioxidants, including alpha-Lipoic acid, lycopene, lutein, selenium and vitamins C and E can help protect against harmful free radicals that can destroy healthy cells and promote the cell-aging process.* That's complete protection!

Now with the help of **be-WHOLE™**, you can relax, you're protected - but try to eat your veggies too!

be-complete, be-healthy, be-insured...
be-WHOLE™!

*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.

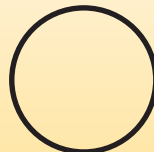


be-WHOLE™ MULTIVITAMIN & MINERAL

dietary supplement
for women

Helps you look & feel better*
Promotes energy production*
Provides antioxidant protection*
Supports healthy bones*

Timed-Release
120 Pleasant-Tasting Caplets



WITHOUT IRON

CODE 663621

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

BMG

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)	1600 IU 400%
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 Niacinamide & Niacin)	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 & Calcium Ascorbate)	500 mg 50%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
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%
Green Tea Leaves Extract (<i>Camellia sinensis</i>)	40 mg *
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lycopene	950 mcg *
Lutemax 2020™ Lutein	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 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: 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.