

2X
MORE D-3*

be-BALANCED™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two White Capslets	
Vitamin D (as Cholecalciferol D-3)	800 IU 200%
Calcium (as Calcium Carbonate, Citrate & Malate)	600 mg 60%
MSM*	40 mg
* Daily Value not established.	

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

CONTAINS: MILK.

Suitable for individuals following a low lactose diet.

MSM is registered in the U.S.A. by Snow Brand Milk Products Co., Ltd. U.S. Patent No. 5,932,259.

be-BEAUTIFUL™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Peach Caplet	
Biotin	6000 mcg 2000%
L-Cysteine	200 mg
MSM (Methylsulfonylmethane)	100 mg
Hydrolyzed Gelatin	100 mg
L-Methionine	50 mg
alpha-Lipoic Acid	10 mg
DMAE (Dimethylaminoethanol)	10 mg
Green Tea Leaf Extract (Camellia sinensis)	10 mg
Hydrolyzed Collagen	5 mg
Horsetail Rush Stems (Equisetum arvense)	3 mg
Boron (as Boron Citrate)	1 mg
Lutemax 2020™ Lutein	1 mg
Pantestin® Pantothene	1500 mcg
Zeaxanthin (as Zeaxanthin Isomers)	40 mcg
* Daily Value not established.	

Other Ingredients: Cellulose, Mica, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycides, Natural Mint Flavor, Sucralose, Annatto Color, Carmine Color.

Potency of biotin verified by GNC procedure #5028. Conforms to USP <201> for weight. Meets USP <204> disintegration.

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!

be-PROTECTED™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Lavender Softgel Capsules	
Calories	15
Calories from Fat	15
Total Fat	1.5 g 2%
EPA (Eicosapentaenoic Acid)(Omega-3)	647 mg
DHA (Docosahexaenoic Acid)(Omega-3)	253 mg
* Percent Daily Value based on a 2,000 calorie diet.	
* Daily Value not established.	

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Carmine Color, Enteric Coating Cellulose, Sodium Alginate, Medium Chain Triglycerides, Citric & Fumaric Acid, Natural Lemon Flavor, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Sucralose, Vitamin E.

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, lead and PCBs.

Conforms to USP <201> for weight, Meets USP <204> disintegration.

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten.

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.

* Compared to leading brand.

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

Pantestin® is a registered trademark of Daiichi Fine Chemical Co., Ltd.

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

be-WHOLE SOME™

HEALTH & BEAUTY VITAPAK®

Not sure which vitamins to take? Think no more...

We all want a life that's simple, complete and fulfilling. Now, GNC has a nutritional program that's just that. be-WHOLE SOME™ conveniently provides you with the nutrients needed to keep you looking and feeling great. From complete multivitamin support to bone health, beauty nutrients and more, be-WHOLE SOME™ has it.

be-WHOLE™ multivitamin & mineral: is 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; antioxidants to protect your body against free radicals; 1,600 IU of vitamin D-3 for breast, bone and immune health and other nutrients that support your natural immune system and overall health.* Plus, it's iron-free, so it's gentler on the stomach.

be-BEAUTIFUL™ hair, skin & nail formula: delivers a unique blend of ingredients to help you feel as beautiful as you truly are! This formula is specially designed with essential ingredients, like biotin, amino acids and antioxidants, known for hair, skin and nail health.*

be-FLEXIBLE™ mobility & stretch formula: when you're working out, support for stiff joints is a must. This fast-acting mobility formula features a clinically-studied blend of herbs shown to support joint flexibility and mobility and promote the body's natural ability to maintain joint structure and function.*

be-PROTECTED™ triple strength fish oil: this omega-3 formula provides the essential fatty acids from fish oil to protect everything from your head to your toes. Omega-3s support brain, joint, eye and skin health.* Not only that, essential fatty acids support your heart by promoting healthy cholesterol, blood pressure and triglyceride levels.*

be-BALANCED™ bone strengthening formula: this multi-tasking bone health formula combines bone building calcium with vitamin D-3 to enhance its absorption.* Plus, this formula features clinically-proven MSM*, an active protein complex derived from milk, to support the body's natural ability to build and maintain healthy bones.* Whether you're 25 or 55, strong bones are the foundation of a healthy and balanced body.

Now with the help of be-WHOLE SOME™, it's simple for you to achieve your daily nutritional goals. Carry your daily pak in your purse, gym bag or pocket!

be-WHOLE. be-BEAUTIFUL. be-FLEXIBLE. be-PROTECTED. be-BALANCED... be-WHOLE SOME!™

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

be-WHOLE SOME™

HEALTH & BEAUTY VITAPAK®

dietary supplement
for women

Daily Pak Includes:

be-WHOLE™ - Multivitamin & mineral

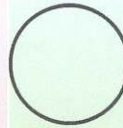
be-BEAUTIFUL™ - Hair, skin & nail formula

be-FLEXIBLE™ - Mobility & stretch formula

be-PROTECTED™ - Triple strength fish oil

be-BALANCED™ - Bone strengthening formula

30 Convenient Paks



be-WHOLE

be-BEAUTIFUL

be-FLEXIBLE

be-PROTECTED

be-BALANCED

CODE 671411

Directions: As a dietary supplement, take the contents of one pak daily with food.

be-WHOLE™

Supplement Facts

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Serving Size Two Beige Capslets		Selenium (as L-Selenomethionine)	200 mcg 265%
Vitamin A	6000 IU 100%	Copper (as Cupric Oxide)	2 mg 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 333%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%	Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Vitamin K (as Phylloquinone)	80 mcg 100%	Green Tea Leaves Extract	40 mg
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3333%	alpha-Lipoic Acid	25 mg
Riboflavin (Vitamin B-2)	50 mg 2941%	Choline (as Choline Bitartrate)	10 mg
Niacin (as Nicotinamide & Niacin)	50 mg 250%	Inositol	10 mg
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%	Silica	4 mg
Folic Acid	400 mcg 100%	Biotin (as Hydrolyzed Protein Chelate)	2 mg
Vitamin B-12 (as Cyanocobalamin)	50 mcg 513%	Cycosene	950 mcg
Biotin	300 mcg 100%	Lifetran 2020™ Lutein	950 mcg
Pantothenic Acid (as Calcium d-Panthenate)	50 mg 500%	Zeaxanthin	100 mcg
Calcium (as Calcium Carbonate)	500 mg 50%	Astaxanthin	50 mcg
Magnesium (as Magnesium Oxide)	100 mg 25%	Vanadium (as Sodium Metavanadate)	10 mcg
Zinc (as Zinc Oxide)	15 mg 100%	* Daily Value not established.	

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

CONTAINS: Fish and Soybeans.

Potencies verified by GNC procedure #5016. Conforms to USP <201> for weight. Disintegrates over six hours for timed-release benefit.

be-FLEXIBLE™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Green Caplet	
MSM (Methylsulfonylmethane)	250 mg
Fast-Acting Proprietary Blend	250 mg
Culch Tree Wood & Bark Extract (Acacia catechu), Chinese Skullcap Root Extract (Scutellaria baicalensis)	
Hyaluronic Acid (HA) (as Sodium Hyaluronate)	5 mg
* Daily Value not established.	

Other Ingredients: Cellulose, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Mint Flavor, Vegetable Acetoglycides, Sucralose, Chlorella.

Conforms to USP <201> for weight. Meets USP <204> disintegration.