

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:
Ultra Mega® Green Without Iron

Supplement Facts

Serving Size Two Caplets

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	5000 IU 100%	Selenium (as L-Selenomethionine)	200 mcg 286%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Copper	2 mg 100%
Vitamin D (as Ergocalciferol)	600 IU 150%	(as Copper Oxide & Hydrolyzed Protein Chelate)	
Vitamin E	30 IU 100%	Manganese	2 mg 100%
(as d-alpha Tocopheryl Succinate)		(as Hydrolyzed Protein Chelate)	
Thiamin (Vitamin B-1)	25 mg 1667%	Chromium	120 mcg 100%
(as Thiamin Mononitrate)		(as Hydrolyzed Protein Chelate)	
Riboflavin (Vitamin B-2)	25 mg 1471%	Molybdenum	75 mcg 100%
Niacin (as Niacinamide)	25 mg 125%	(as Hydrolyzed Protein Chelate)	
Vitamin B-6	25 mg 1250%	Greens Blend	360 mg
(as Pyridoxine Hydrochloride)		Barley Grass Powder (<i>Hordeum vulgare</i>), Alfalfa	
Folic Acid	400 mcg 100%	Juice Powder (<i>Medicago sativa</i>), Chlorrella Powder	
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4167%	(<i>Chlorella vulgaris</i>), Spirulina Powder (<i>Spirulina</i>	
Biotin	50 mcg 17%	<i>platensis</i>), Kelp Powder (<i>Ascophyllum nodosum</i>),	
Pantothenic Acid	25 mg 250%	Wheat Grass Juice Powder (<i>Triticum aestivum</i>)	
(as Calcium d-Pantothenate)		Antioxidant Blend	175 mg
Calcium (as Calcium Carbonate)	50 mg 5%	Green Tea Leaves Extract (<i>Camellia sinensis</i>),	
Iodine (as Potassium Iodide & Kelp)	150 mcg 100%	Pomegranate Fruit Extract (<i>Punica granatum</i>),	
Magnesium (as Magnesium Oxide)	25 mg 6%	Apple Fruit Skin Extract (<i>Malus domestica</i>), White	
Zinc (as Zinc Oxide)	15 mg 100%	Tea Leaves Extract (<i>Camellia sinensis</i>), Rosemary	
		Leaf Extract (<i>Rosmarinus officinalis</i>), Bilberry Fruit	
		Extract (<i>Vaccinium myrtillus</i>)	

OTHER INGREDIENTS: Cellulose, Natural Vanilla Flavor, Vegetable Acetoglycerides, Titanium Dioxide (Natural Mineral Whitener), Chlorophyll, Sucralose.

CONTAINS: Soybeans and Wheat.

Conforms to USP <2091> for weight.

ACTUAL SIZE

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Flax Seed Oil - Vegetarian Liquid Capsule

Supplement Facts

Serving Size One Liquid Capsule

Amount Per Serving	% Daily Value
Calories	
Calories from Fat	5
Total Fat	0.5 g <1%†
Flax Seed Oil (<i>Linum usitatissimum</i>)	625 mg *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Beeswax,

Mixed Tocopherols, Chlorophyll.

ACTUAL SIZE

Typical Fatty Acids per Capsule	
alpha-Linolenic Acid (ALA)(Omega-3)	400 mg
Linoleic Acid (LA)(Omega-6)	56 mg
Oleic Acid (OA)(Omega-9)	56 mg
Palmitic Acid	18 mg

Calcium Citrate 500

Supplement Facts

Serving Size Two Caplets

Amount Per Serving	% Daily Value
Calcium (as Calcium Citrate)	500 mg 50%

OTHER INGREDIENTS: Cellulose, Vegetable Acetoglycerides.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Digestive Enzyme Formula

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
n•zimes® Proprietary Blend	145 mg *
Amylase	3,500 DU
Protease 4.5	7,500 HUT
Lipase	125 FIP
Glucosylase	5.5 AGU
Protease 3.0	7.5 SAPU
Bromelain	150,000 FCCPU
Protease 6.0	1,000 HUT
Papain	140,000 FCCPU
Cellulase	50 CU
Malt diastase	62.5 DP
CereCalase® Proprietary Blend	5 mg *
Hemicellulase	
beta-gluconase	
Phytase	

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose,

Vegetable Cellulose Capsule.

CONTAINS: Milk, Soybeans and Wheat.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Calcium Citrate 500

Supplement Facts

Serving Size Two Caplets

Amount Per Serving	% Daily Value
Calcium (as Calcium Citrate)	500 mg 50%

OTHER INGREDIENTS: Cellulose, Vegetable Acetoglycerides.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE



ULTRA MEGA® GREEN VEGETARIAN

Dietary Supplement

WHOLE FOOD ENHANCED VITAPAK® PROGRAM FOR MEN AND WOMEN

- Green foods multivitamin formula with 5 superfood blends
- Promotes protein, carbohydrate and fat digestion with premium digestive enzyme formula*
- Supports heart health with omega-3 fatty acid from flax seed oil*
- Strengthens bones with 500 mg calcium*



30 Vegetarian Packs



ULTRA MEGA® GREEN VEGETARIAN VITAPAK® PROGRAM

The Ultra Mega® Green Vegetarian Vitapak® Program is a scientifically designed, convenient green foods enhanced nutritional program that combines essential vitamins and minerals with plant and whole food based ingredients to support the optimal health of men and women. Emerging research suggests that including green foods as part of a healthy nutritional plan can have a variety of health-enhancing effects and can help support overall wellness. This nutrient-dense whole food enhanced multivitamin formula has been designed to supply nutrition for even the most demanding schedules.

Ultra Mega® Green Multivitamin without Iron - A superior blend of vitamins, minerals, whole foods, antioxidants, enzymes and phytonutrients to help you achieve optimal health. This premium multiple vitamin offers antioxidant protection from over 26 nutrient-dense superfoods including wholesome fruits, vegetables and phytonutrients. In addition, it also provides antioxidant support from vitamins C and E, selenium and green tea extract. Antioxidants offer protection from harmful free radicals that can destroy healthy cells and promote the cell-aging process.*

Digestive Enzyme Formula - A premium digestive enzyme formula that features n•zimes®, a proprietary blend of digestive enzymes, with proven bioactivity. n•zimes® are active in both the acidic environment of the stomach and the alkaline environment of the small intestine. Lab tests show that n•zimes® work throughout the digestive tract, contributing to a more complete digestion of nutrients.* This superior formula helps promote protein, carbohydrate and fat digestion.*

Flax Seed Oil - A great, vegetarian source of omega-3 fatty acids, this formula features a natural source of alpha-linolenic acid, an omega-3 fatty acid in a unique liquid-filled capsule. Omega-3 fatty acids support a number of important functions within the cardiovascular and nervous systems and help maintain digestive and joint health.*

Calcium Citrate 500 - An essential mineral for building strong healthy bones, almost 99% of calcium is found in bone tissue. Each daily pack provides over 50% of the daily value of calcium.

* 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.