

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

Lutemax²⁰²⁰ LUTEN & ZEAXANTHIN
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
Pittsburg, PA 15222



SCAN &
LEARN MORE

ACTUAL SIZE

To ensure a complete nutritional program, take daily with these GNC products:

- Triple Strength Fish Oil
- Calcimate Complete™
- Ultra Probiotic Complex 25
- SuperFoods Whole Foods Blend

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.



Please recycle this box.

WOMEN'S ULTRA MEGA®

GNC Women's Ultra Mega® is a premium multivitamin supplement supplying key nutrients that may be missing from your daily diet. Emerging scientific research suggests that many adults do not get the necessary amount of many essential vitamins and other nutrients from their diets and can benefit from taking a daily multivitamin. The human body needs vitamins and minerals to function properly, and a good multivitamin can help boost your overall health and well-being.

Advanced Nutritional Support

- Includes 1,600 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.*
- Supplies B-vitamins that are essential for energy production and metabolism.* Each daily dose supplies a 50 mg B-vitamin complex including 400 mcg of folic acid that is essential for DNA formation.*
- Includes 18 mg of iron, a vital nutrient that plays an essential role in forming healthy red blood cells and transporting oxygen.*

Beauty Complex

- Enriched with ingredients such as biotin, antioxidants, collagen and hyaluronic acid that support the matrix of hair, skin and nails.*

Bone Health

- Features important bone-strengthening nutrients including 500 mg of calcium, magnesium and vitamin D-3 that are essential in the development of healthy bones and teeth.* Adequate calcium and vitamin D in a healthy diet throughout life may reduce the risk of osteoporosis.

Antioxidant Protection

- Contains a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.*
- Combines cranberry, which supports a healthy urinary tract, with lutein and zeaxanthin to support eye health and lycopene, an antioxidant from tomatoes to support cardiovascular health.*

Timed-release caplets provide a gradual release of vital nutrients.

*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.

GNC

WOMEN'S ULTRA MEGA®

Dietary Supplement

CLINICALLY STUDIED
MULTIVITAMIN[^]

- Supports natural energy production with high potency B-vitamins*
- Supports healthy hair, skin and nails with specialized beauty complex*
- Bone strengthening formula including 500 mg calcium*
- Features an advanced antioxidant blend to fight cell aging*
- 1,600 IU vitamin D-3 for breast, bone and immune health*



CLINICALLY
STUDIED[^]

Timed-Release
90 CAPLETS

Ultra Mega[®]

CODE 178112

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 45

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 Phytanadione)	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)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
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%
Superfoods Fruit & Vegetable Blend	105 mg *
Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomegranate Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	
Beauty Blend	100 mg *
Green Tea Leaves Extract, alpha-Lipoic Acid, Collagen, Hyaluronic Acid (HA)	
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	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, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Vanilla Flavor, Chlorophyll, 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.