

Amount Per Serving	% Daily Value
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.

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.

*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.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

**KEEP OUT OF REACH
OF CHILDREN.**
Store in a cool,
dry place.



GNC | **WELLbeing™**

be-WHOLE™

MULTIVITAMIN & MINERAL WITH IRON & IODINE

dietary supplement for women

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

TIMED-RELEASE
120 GREAT-TASTING CAPLETS

CODE 663222

FNG

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)	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%
Iron (as Hydrolyzed Protein Chelate)	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..... 288%
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.....

Lot No./Best By: