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.

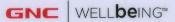
"These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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.





be-WHOLE™

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

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

Supplement Facts

ving Size Two Caplets

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)	
Vitamin D /se Cholecs/citarol D-3)	1600 111 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mca 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide & Niacin)	50 mg 250%
Vitamin R-6 (as Pyridovine Hydrochloride)	50 mg 2500%
Folia Acid	400 mcg 100%
Folic Acid Vitamin 8-12 (as Cyanocobalamin)	50 mog 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	500 mg 500%
Iron (as Hydrolyzed Protein Chelate)	18 mg 100%
Indir (as Hydrolyzed Protein Chelate)	160 mon 100%
lodine (as Potassium Iodide) Magnesium (as Magnesium Oxide)	100 1100 1100 100 100 100 100 100 100 1
Magnesium (as Magnesium Oxide)	16 mg 1000/
Zinč (as Zinč Oxide). Selenium (as L-Selenomethionine).	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 200 %
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	
Molybdenum (as Sodium Molybdate)	75 mcg 100%

Green Tea Leaves Extract (Camellia sinensis)	
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	
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg

FNG