

No Artificial Flavors, No Wheat,
Gluten Free, No Dairy.
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 USA

* 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

NEW!

WOMEN'S ULTRA MEGA[®] Energy & Metabolism One Daily

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Features thermogenic ingredients that may support calorie burning and mental sharpness*
- Packed with B vitamins to support energy production*

60 CAPLETS

CODE 211912

Directions: As a dietary supplement, take one caplet daily.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	1050 mcg 117%
Vitamin C (as Ascorbic Acid).....	100 mg 111%
Vitamin D (as Cholecalciferol D-3).....	30 mcg (1200 IU) 150%
Vitamin E (as d-alpha Tocopheryl Succinate).....	23.5 mg 157%
Vitamin K (as Phytonadione).....	80 mcg 67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	1.7 mg 142%
Riboflavin (Vitamin B-2).....	1.9 mg 146%
Niacin (as Niacinamide).....	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	2.2 mg 129%
Folate.....	800 mcg DFE 200%
	(480 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	25 mcg 1042%
Biotin.....	300 mcg 1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	16.5 mg 330%
Choline (as Choline Bitartrate).....	2.5 mg <1%
Calcium.....	260 mg 20%
	(as Calcium Carbonate & Dicalcium Phosphate)
Iron (as Ferrous Fumarate).....	18 mg 100%
Phosphorus (as Dicalcium Phosphate).....	15 mg 1%
Iodine (as Potassium Iodide).....	150 mcg 100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide).....	100 mg 24%
Zinc (as Zinc Oxide).....	30 mg 273%
Selenium (as Sodium Selenate).....	70 mcg 127%
Copper (as Copper Gluconate).....	2 mg 222%
Manganese (as Manganese Sulfate).....	2 mg 87%
Chromium (as Chromium Chloride).....	200 mcg 571%
Molybdenum (as Amino Acid Chelate).....	75 mcg 167%
Chloride (as Potassium Chloride).....	36 mg 2%
Potassium (as Potassium Chloride).....	40 mg 1%

Caffeine Anhydrous.....	100 mg *
Green Tea Leaves Extract (Camellia sinensis).....	20 mg *
Capsicum Seed Extract (Capsicum annuum).....	10 mg *
Black Pepper Fruit Extract (Piper nigrum).....	5 mg *
	(50% Piperine = 2.5 mg)
Hydrolyzed Collagen.....	5 mg *
Silica (as Silicon Dioxide).....	2 mg *
Boron (as Sodium Borate).....	1 mg *
Lutein.....	1 mg *
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg *
Vanadium (as Sodium Metavanadate).....	5 mcg *

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Calcium Silicate, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Polydextrose, Talc, Vegetable Acetoglycerides, Medium Chain Triglycerides, Polyethylene Glycol, Carmine (Color), Polysorbate 80.

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.

Lot No./Best By: