WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition.

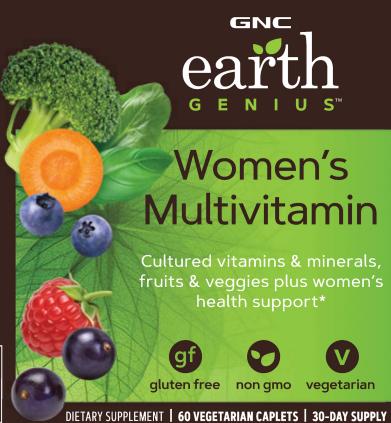
Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test, This product contains EGCGs from green tea. Niacin may cause a temporary flushing reaction.

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.

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

For More Information: 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



CODE 218721
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

## Supplement Facts Amo

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A	1500 mcg167%
Vitamin C	111% mg 111%
Vitamin D	25 mcq (1000 IU)125%
Vitamin E	20.1 mg134%
Vitamin K	67% mcq
Thiamin (Vitamin B-1)	5 mg417%
Riboflavin (Vitamin B-2)	5 mg385%
	25 mg156%
Vitamin B-6	1471%
Folate667 mcg DFE	(400 mcq Folic Acid)167%
Vitamin R-12	150 mca 6250%
Biotin	300 mcg 1000%
Pantothenic Acid	25 mg500%
	50 mg 4%
Iron	100% mg100%
	100% mcq
Magnesium	25 mg 6%
	20 mg182%
Selenium	364%
Copper	222% mg 222%
	2 mg 87%
	75 mcg167%

ount Per	Serving	% Daily Value
----------	---------	---------------

_	Trait & regetable Antioxidant Diena 30 mg
ш	Spectra" Total ORAC Blend of: Green Coffee Extract,
,	Broccoli Sprout Powder, Green Tea Extract, Onion Extract,
	Apple Extract, Acerola Extract, Camu Camu Extract,
?	Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit
?	Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf
,	Powder, Oregano Leaf Powder, Cinnamon Bark Powder,
1	Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit
?	Powder, Black Currant Fruit Extract, Blueberry Fruit
1	Extract, Sweet Cherry Fruit Powder, Blackberry Fruit
2	Powder, Chokeberry Fruit Powder, Raspberry Fruit
,	Powder, Spinach Leaf Powder, Kale Leaf Concentrate,
2	Bilberry Fruit Extract, Brussels Sprout Powder
,	Lycopene 1 mg*
1	Zeaxanthin*
2	(from Marigold Flowers Extract)(Tagetes erecta)
?	Women's Health & Beauty Blend 17 mg*
?	Cranberry Fruit Powder (Vaccinium macrocarpon)
?	Horse Chestnut Seed Extract (Aesculus hippocastanum)
,	Lutein (from Marigold Flowers Extract)( <i>Tagetes erecta</i> )
2	Digestive Health & Comfort Blend 20 mg*
2	Ginger Root Extract (Zingiber officinale)
•	Uniger Root Extract (Zingiber Officiliate)

(5% Gingerols = 0.5 mg), Cellulase, Bromelain, Papain

\* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Iron HPC†, Cultured Niacinamide‡, Cultured Ascorbic Acid‡, Croscarmellose Sodium, Calcium Ascorbate, Hydroxypropyl Methylcellulose, Cultured Zinc Oxide‡, Calcium Carbonate, Hydroxypropylcellulose, Cultured Calcium d-Pantothenateţ, d-alpha Tocopherol, Magnesium Oxide, Dicalcium Phosphate, Stearic Acid Vegetable Source, Pyridoxine Hydrochloride, Calcium d-Pantothenate, Cultured Copper Sulfateţ, Cultured Manganesium Expertate, Silicon Dioxide, Magnesium Stearate Vegetable Source, Ergocalciferol, Zinc Oxide, Cultured Riboflavinţ, Cultured Pyridoxine Hydrochlorideţ, Cultured Vitamin A Palmitateţ, Niacinamide, Cultured Thiamin Hydrochlorideţ, Thiamin Hydrochloride, Spirulina Extract (Color), Vegetable Acetoglycerides, Cultured Phytonadioneţ, Magnesium HPCţ, Cultured Folic Acidţ, Riboflavin, beta-Carotene, Pofassium Iodide, Polyethylene Glycol, Riboflavin (Color), Cultured Biotinţ, Cultured Sodium Selenateţ, Cupric Sulfate, Medium Chain Triglycerides, Cultured Sodium Molybdateţ, Polysorbate 80, Molybdenum HPCţ, Ethylcellulose, Cultured Cyanocobalaminţ, Folic Acid, Biotin, Methylcobalamin, Triacetin, Selenium Yeast, Phytonadione, Diacetylated Monoglycerides, Oleic Acid. † HPC (Hydrolyzed Protein Chelate), ‡ Contains Cultured Sources of Vitamins and Minerals (Cultured on Rice Protein, Yeast, Molasses, Papain, Bromelain, Gum Arabic and Maltodextrin).