

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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
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

WOMEN'S ULTRA MEGA® One Daily

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Supports healthy hair, skin & nails with biotin & collagen*
- Has cranberry for urinary tract health*

60 CAPLETS



CODE 179622

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

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size One Caplet			
Amount Per Serving			% Daily Value
Vitamin A (as Retinyl Acetate)		3500 IU	70%
Vitamin C (as Ascorbic Acid)		100 mg	167%
Vitamin D (as Cholecalciferol D-3)		1200 IU	300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)		35 IU	117%
Vitamin K (as Phytonadione)		80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)		1.65 mg	110%
Riboflavin (Vitamin B-2)		1.87 mg	110%
Niacin (as Niacinamide)		20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)		2.2 mg	110%
Folic Acid		800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)		25 mcg	417%
Biotin		300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)		16.5 mg	165%
Calcium		500 mg	50%
(as Calcium Carbonate & Dicalcium Phosphate)			
Iron (as Ferrous Fumarate)		18 mg	100%
Phosphorus (as Dicalcium Phosphate)		15 mg	2%
Iodine (as Potassium Iodide)		150 mcg	100%
Magnesium (as Magnesium Oxide)		100 mg	25%
Zinc (as Zinc Oxide)		30 mg	200%
Amount Per Serving			% Daily Value
Selenium (as Sodium Selenite)		70 mcg	100%
Copper (as Cupric Oxide)		2 mg	100%
Manganese (as Manganese Sulfate)		2 mg	100%
Chromium (as Hydrolyzed Protein Chelate)		200 mcg	167%
Molybdenum (as Hydrolyzed Protein Chelate)		75 mcg	100%
Chloride (as Potassium Chloride)		72 mg	2%
Potassium (as Potassium Chloride)		80 mg	2%
Brain Health Blend			
Choline (as Choline Bitartrate)		2.5 mg	*
Inositol		2.5 mg	*
Eye Health & Antioxidant Protection Blend			
Lutemax® 2020 Lutein		1 mg	*
Zeaxanthin (as Zeaxanthin Isomers)		200 mcg	*
Women's & Urinary Tract Health Blend			
Cranberry Fruit Concentrate		10 mg	*
Boron (as Hydrolyzed Protein Chelate)		150 mcg	*
Tin (as Stannous Chloride)		10 mcg	*
Vanadium (as Vanadyl Sulfate)		10 mcg	*
Nickel (as Nickel Sulfate)		5 mcg	*
Beauty from Within Blend			
Collagen Hydrolysate		5 mg	*
Silica (as Silicon Dioxide)		2 mg	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Vegetable Acetylglycerides, Glycerin, Polyethylene Glycol, Polysorbate 80, Sucralose, Carmine (Color).

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:

FSG