

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.



WOMEN'S ULTRA MEGA® 50 Plus One Daily

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Has antioxidants to combat cell aging*
- Includes support for skin, brain & eye health*

60 CAPLETS

CODE 179722 FSG
Directions: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet	
Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	3500 IU.....70%
Vitamin C (as Ascorbic Acid).....	150 mg.....250%
Vitamin D (as Cholecalciferol D-3).....	1200 IU.....300%
Vitamin E.....	35 IU.....117%
(as Natural d-alpha Tocopheryl Succinate)	
Vitamin K (as Phyttonadione).....	60 mcg.....75%
Thiamin (Vitamin B-1).....	4.95 mg.....330%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3.74 mg.....220%
Niacin (as Niacinamide).....	22 mg.....110%
Vitamin B-6.....	6.6 mg.....330%
(as Pyridoxine Hydrochloride)	
Folic Acid.....	600 mcg.....150%
Vitamin B-12 (as Cyanocobalamin).....	110 mcg.....1833%
Biotin.....	300 mcg.....100%
Pantothenic Acid.....	16.5 mg.....165%
(as Calcium d-Pantothenate)	
Calcium.....	500 mg.....50%
(as Calcium Carbonate & Dicalcium Phosphate)	
Iron (as Ferrous Fumarate).....	8 mg.....44%
Phosphorus (as Dicalcium Phosphate).....	15 mg.....2%
Iodine (as Potassium Iodide).....	150 mcg.....100%
Magnesium (as Magnesium Oxide).....	50 mg.....13%
Zinc (as Zinc Oxide).....	30 mg.....200%
Selenium (as Sodium Selenite).....	70 mcg.....100%

Amount Per Serving	% Daily Value
Copper (as Cupric Oxide).....	2 mg.....100%
Manganese (as Manganese Sulfate).....	2 mg.....100%
Chromium.....	200 mcg.....167%
(as Hydrolyzed Protein Chelate)	
Molybdenum.....	75 mcg.....100%
(as Hydrolyzed Protein Chelate)	
Chloride (as Potassium Chloride).....	72 mg.....2%
Potassium (as Potassium Chloride).....	80 mg.....2%
Brain Health Blend	
Ginkgo biloba Leaf Extract.....	10 mg.....*
Phosphatidylserine.....	2.5 mg.....*
Choline (as Choline Bitartrate).....	2.5 mg.....*
Inositol.....	2.5 mg.....*
Eye Health Support	
Lutemax® 2020 Lutein.....	1 mg.....*
Urinary Tract & Women's 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.....*
Skin Structure & Antioxidant Support Blend	
Collagen Hydrolysate.....	5 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg.....*
* Daily Value not established.	

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Polydextrose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Talc, Medium Chain Triglycerides, Carmine (Color), Sucralose.

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: