



PHYSICIAN  
ENDORSED\*

\*This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
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General Nutrition Corporation  
Pittsburgh, PA 15222



**GNC**

WOMEN'S  
ULTRA MEGA®  
Energy & Metabolism



Women's Ultra Mega® Energy & Metabolism is much more than a multivitamin – it's also a complete energy formula packed with protein and fiber in one easy-to-mix powder!

- Women's Health**  
Contains a clinically studied multivitamin^ formula shown to support women's health, and it includes 10 g of high-quality protein for muscle support.\*
- Energy & Metabolism**  
Has an array of B vitamins essential for energy production, and it contains both immediate- and sustained-release caffeine for extended energy support. Also features a thermogenic blend, which increases calorie burning and metabolism.\*
- Skin Support**  
Includes lutein to help support skin hydration.\*
- Antioxidants**  
Packed with antioxidants from both vitamins and plant-based sources. These antioxidants minimize the effect of free radicals that can be produced by intense exercise and support eye, skin and heart health.\*
- Digestion**  
Includes a clinically researched advanced digestive enzyme blend for greater protein breakdown and 10 g of fiber to support digestive health.\*

^In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF 36 Vitality and Mental Health scores compared to those taking a placebo.

\*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®  
Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^  
& COMPLETE ENERGY FORMULA

- Promotes energy and metabolism\*
- Helps support skin hydration\*
- Minimizes the effect of free radicals\*
- Includes 10 g of fiber and 10 g of protein



NET WT 35.97 OZ (2.24 LB) 1020 g

CODE 171074  
**Directions:** As a dietary supplement, mix two level scoops (34 g) with 8-12 oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. May adjust the amount of liquid depending on thickness desired.

| Supplement Facts                                                                   | Amount Per Serving   | % Daily Value |
|------------------------------------------------------------------------------------|----------------------|---------------|
| Serving Size Two Level Scoops (34 g)<br>Servings Per Container 30                  |                      |               |
| <b>Amount Per Serving</b>                                                          | <b>% Daily Value</b> |               |
| Calories 130                                                                       |                      |               |
| Calories from Fat 20                                                               |                      |               |
| Total Fat 2 g                                                                      | 3%†                  |               |
| Saturated Fat 1 g                                                                  | 5%†                  |               |
| Cholesterol 25 mg                                                                  | 8%                   |               |
| Total Carbohydrate 16 g                                                            | 5%†                  |               |
| Dietary Fiber 10 g                                                                 | 40%†                 |               |
| Sugars 2 g                                                                         |                      |               |
| Protein 10 g                                                                       |                      |               |
| Vitamin A (as 50% Retinyl Acetate & 50% beta-Carotene)                             | 5000 IU              | 100%          |
| Vitamin C (as Calcium Ascorbate & Ascorbic Acid)                                   | 200 mg               | 334%          |
| Vitamin D (as Cholecalciferol D-3)                                                 | 2000 IU              | 500%          |
| Vitamin E (as Natural d-alpha Tocopherol Acetate)                                  | 30 IU                | 100%          |
| Vitamin K (as Phytoladione K-1)                                                    | 80 mcg               | 100%          |
| Thiamin (as Thiamin Mononitrate)                                                   | 50 mg                | 3330%         |
| Riboflavin                                                                         | 50 mg                | 2940%         |
| Niacin (as Niacinamide & Niacin)                                                   | 50 mg                | 250%          |
| Vitamin B-6 (as Pyridoxine HCl)                                                    | 50 mg                | 2500%         |
| Folic Acid                                                                         | 400 mcg              | 100%          |
| Vitamin B-12 (as Cyanocobalamin)                                                   | 50 mcg               | 833%          |
| Biotin                                                                             | 300 mcg              | 100%          |
| Pantothenic Acid (as Calcium Pantothenate)                                         | 50 mg                | 500%          |
| Calcium (as Calcium Carbonate)                                                     | 500 mg               | 50%           |
| Iron (as Ferrous Fumarate)                                                         | 18 mg                | 100%          |
| Magnesium (as Magnesium Oxide)                                                     | 100 mg               | 25%           |
| Zinc (as Zinc Oxide)                                                               | 25 mg                | 165%          |
| Selenium (as L-Selenomethionine)                                                   | 200 mcg              | 285%          |
| Iodine (as Potassium Iodide)                                                       | 150 mcg              | 100%          |
| Copper (as Cupric Oxide)                                                           | 2 mg                 | 100%          |
| Manganese (as Manganese Sulfate)                                                   | 2 mg                 | 100%          |
| Chromium (as Chromium Hydrolyzed Chelate Protein)                                  | 120 mcg              | 100%          |
| Molybdenum (as Sodium Molybdate)                                                   | 75 mcg               | 100%          |
| Chloride                                                                           | 72 mg                | 2%            |
| Sodium                                                                             | 125 mg               | 5%            |
| Potassium                                                                          | 240 mg               | 7%            |
| <b>Energy &amp; Metabolism Blend</b>                                               |                      |               |
| Caffeine (as Extended-Release Caffeine & Caffeine Anhydrous)                       | 200 mg               | *             |
| Capsimax® Capsicum Fruit Extract (Capsicum annuum)(Fruit)                          | 33.34 mg             | *             |
| (Standardized for Capsaicinoids)                                                   |                      |               |
| Green Coffee Bean Extract (Coffea robusta & Coffea arabica)                        | 10 mg                | *             |
| (45% Chlorogenic Acid = 4.5 mg)                                                    |                      |               |
| Garcinia cambogia Extract                                                          | 10 mg                | *             |
| Lycbee Fruit Extract (Litchi chinensis)                                            | 10 mg                | *             |
| Decaffeinated Green Tea Extract (Camellia sinensis)                                | 10 mg                | *             |
| Siberian Ginseng Root Extract (Eleutherococcus senticosus)                         | 10 mg                | *             |
| Piperine (Piper nigrum)(from Black Pepper)                                         | 5 mg                 | *             |
| Boron (as Boron Hydrolyzed Vegetable Protein)                                      | 2 mg                 | *             |
| Vanadium (as Sodium Metavanadate)                                                  | 10 mcg               | *             |
| <b>Antioxidant Blend</b>                                                           |                      |               |
| alpha-Lipoic Acid                                                                  | 25 mg                | *             |
| Turmeric Root Extract (Curcumin)(Curcuma longa)(20% Curcuminoids = 2 mg)           | 10 mg                | *             |
| Lycopene                                                                           | 1 mg                 | *             |
| Zeaxanthin (as Zeaxanthin Isomers)                                                 | 400 mcg              | *             |
| Astaxanthin (Haematococcus pluvialis)                                              | 50 mcg               | *             |
| beta-Cryptoxanthin                                                                 | 10 mcg               | *             |
| <b>Circulatory Support Complex</b>                                                 |                      |               |
| L-Arginine (as Whey Protein Concentrate)                                           | 100 mg               | *             |
| resVida® trans-resveratrol                                                         | 30 mg                | *             |
| <b>Brain Health Blend</b>                                                          |                      |               |
| Choline (as Choline Bitartrate)                                                    | 25 mg                | *             |
| Inositol                                                                           | 10 mg                | *             |
| <b>Beauty Blend</b>                                                                |                      |               |
| Silica (as Silicon Dioxide)                                                        | 4 mg                 | *             |
| Lutemax® 2020 Lutein                                                               | 2 mg                 | *             |
| <b>Digestion Complex</b>                                                           |                      |               |
| ProHydrolase® Protease Enzyme Blend                                                | 10 mg                | *             |
| Proprietary Blend of Proteases from Bacillus subtilis & Ananas comosus             | 3500 HUT             |               |
| Ginger Root (Zingiber officinale)                                                  | 5 mg                 | *             |
| <b>Fiber Blend</b>                                                                 |                      |               |
| Gum Acacia, Cellulose Gum, Inulin, Fructooligosaccharides                          | 10 g                 | *             |
| <b>Essential Fatty Acid Blend</b>                                                  |                      |               |
| MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic Acid)               | 1 g                  | *             |
| Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evening Primrose Oil |                      |               |
| † Percent Daily Values are based on a 2,000 calorie diet.                          |                      |               |
| * Daily Value not established.                                                     |                      |               |

**Other Ingredients:** Whey Protein Concentrate, Cocoa Powder, Natural and Artificial Flavor, Nonfat Dry Milk, Maltodextrin, Potassium Citrate, Guar Gum, Citrus Pectin, Lecithin, Sodium Caseinate, Sodium Chloride, Xanthan, DiPotassium Phosphate, Mono and Diglycerides, Sucralose, Acesulfame Potassium, Stevia Leaf Extract.  
**CONTAINS:** Milk, Soybeans and Tree Nuts (Lycbee). Manufactured on equipment that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.  
**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.  
**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.

Contains 200 mg of caffeine.  
NOTICE: Significant product settling may occur.

