

Conforms to USP <209> for weight.
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
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.

GNC
WOMEN's

One Daily Multivitamin

Support for overall
health & wellness*



DIETARY SUPPLEMENT

60 CAPLETS/60-DAY SUPPLY

CODE 179628

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).....	1050 mcg.....117%
Vitamin C (as Ascorbic Acid).....	100 mg.....111%
Vitamin D (as Cholecalciferol D-3).....	30 mcg.....150%
Vitamin E (as d-alpha Tocopheryl Succinate).....	28.9 mg.....193%
Vitamin K (as Phytonadione).....	80 mcg.....67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	1.65 mg.....138%
Riboflavin (Vitamin B-2).....	1.87 mg.....144%
Niacin (as Niacinamide).....	20 mg.....125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	2.2 mg.....129%
Folate.....	1333 mcg DFE.....333%
	(800 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.....	500 mg.....38%
	(as Calcium Carbonate and Dicalcium Phosphate)
Iron (as Ferrous Fumarate).....	18 mg.....100%
Phosphorus (as Dicalcium Phosphate).....	15 mg.....1%
Iodine (as Potassium Iodide).....	150 mcg.....100%
Magnesium (as Magnesium Oxide).....	100 mg.....24%
Zinc (as Zinc Oxide).....	30 mg.....273%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite).....	70 mcg.....127%
Copper (as Cupric Oxide).....	2 mg.....222%
Manganese (as Manganese Sulfate).....	2 mg.....87%
Chromium (as Hydrolyzed Protein Chelate).....	200 mcg.....571%
Molybdenum (as Hydrolyzed Protein Chelate).....	75 mcg.....167%
Chloride (as Potassium Chloride).....	72 mg.....3%
Potassium (as Potassium Chloride).....	80 mg.....2%

Brain Health.....	2.5 mg.....*
Inositol.....	2.5 mg.....*

Eye Health & Antioxidant Protection Blend.....	1.2 mg.....*
Lutemax® 2020 Lutein.....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg.....*

Women's Health Blend.....	10.175 mg.....*
Cranberry Fruit Concentrate.....	10 mg.....*
	(Vaccinium macrocarpon)

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.....	7 mg.....*
Collagen Hydrolysate.....	5 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*

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* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Vegetable Acetyglycerides, 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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

EUG

Lot No./Best By: