

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

GNC
WOMEN's

One Daily Multivitamin

50 PLUS

Specially formulated for
women 50 & older



DIETARY SUPPLEMENT 60 CAPLETS/60-DAY SUPPLY

CODE 179712

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).....	150 mg 167%
Vitamin D (as Cholecalciferol D-3).....	30 mcg 150%
Vitamin E (as d-alpha Tocopheryl Succinate).....	28.9 mg 193%
Vitamin K (as Phytonadione).....	60 mcg 50%
Thiamin (Vitamin B-1).....	4.95 mg 413%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3.74 mg 288%
Niacin (as Niacinamide).....	22 mg 138%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6.6 mg 388%
Folate.....	1000 mcg DFE 250%
(600 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	110 mcg 4583%
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).....	8 mg 44%
Phosphorus (as Dicalcium Phosphate).....	15 mg 1%
Iodine (as Potassium Iodide).....	150 mcg 100%
Magnesium (as Magnesium Oxide).....	50 mg 12%
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 Blend.....	15 mg *
Ginkgo biloba Leaf Extract.....	10 mg *
Phosphatidylserine.....	2.5 mg *
Inositol.....	2.5 mg *
Eye Health Support.....	1 mg *
Lutemax® 2020 Lutein.....	1 mg *
Women's Health Blend.....	10.175 mg *
Cranberry Fruit Concentrate.....	10 mg *
(Vaccinium macrocarpon)	
Boron (as Boric Acid).....	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.....	7.2 mg *
Collagen Hydrolysate.....	5 mg *
Silica (as Silicon Dioxide).....	2 mg *
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, 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: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

EUG

Lot No./Best By:

