▲ WARNING: Cancer and Reproductive Harm — www.P65Warnings.ca.gov.
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. This product contains EGCG from green tea.

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.

Conforms to USP <2091> for weight.

No Artificial Flavors, No Wheat, Gluten Free, No Dairy.

CurcuWIN® and Lutemax® 2020 trademarks belong to 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

In a randomized, double-blind, placebo- controlled study of 112 healthy volunteers, subjects taking the GRU vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivitates statistical analyses of a group of 8 vitamins (thiemin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins 8-6 and 8-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-cocophero, Iselemium, Lutein and Iycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed commared to placebo.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.



WOMEN's

Multivitamin

ACTIVE

Exercise your right to good health.

Whether you're running errands or running laps, this multivitamin helps support your active lifestyle.*

Clinically Studied Multivitamin Blend

Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin^

Recovery

Has powerful antioxidants—including green tea, lutein and grape seed—to help fight free radicals that can be produced from your workout*

Bone Health

Features vitamin D for healthy bones, plus calcium and magnesium for bone building*

Energy Production

Shown to improve levels of key B vitamins^{*} essential for energy production^{*}

* 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.



Multivitamin

ACTIVE

Specially formulated for athletic women* Clinically proven to make you feel better^ Timed-Release



DIETARY SUPPLEMENT

90 CAPLETS/45-DAY SUPPLY

CODE 202011
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Serving Size Two Caplets Servings Per Container 45

Supplement Facts

Amount Per Serving	% Daily \	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mca	1679
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	2229
Vitamin D (as Cholecalciferol)	40 mca	2009
	(1600 III)	
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.1 mg	1475
Vitamin K (as Phytonadione)	80 mca	679
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 4	11679
Riboflavin (Vitamin B-2)	50 ma31	8469
Niacin (as Niacinamide & Niacin)	50 mg	.3139
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg2	941
Folate	667 mcg DFE	1675
	(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2	0833
Biotin	300 mcg1	0009
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg1	0003
Choline (as Choline Bitartrate)	10 mg	25
Calcium	500 mg	389
(as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)		
Iròn (as Ferrous Fumarate)	18 mg	1009
lodine (as Potassium Iodide)	150 mcg	1009
Magnesium (as Magnesium Oxide)	100 mg	24
Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine)	25 mg	2279
Selenium (as L-Selenomethionine)	200 mcg	3649
Copper (as Cupric Sulfate)	2 mg	2229
Manganese (as Manganese Sulfate)	2 mg	879
Chromium (as Chromium Chloride)	120 mcg	3439
Molybdenum (as Sodium Molybdate)	75 mcg	1679
Super Antioxidant Blend	28.96 mg	
Lutemax® 2020 Lutein	2 mg	
vronene	1 mn	
CurcuWIN® Turmeric Root Extract (Curcuma longa)(Standardized to Cur	cuminoids)500 mca	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	
Astaxanthin (from Haematococcus pluvialis)	50 mcq	
beta-Cryptoxanthin Performance Energy & Metabolism Blend	10 mcq	
Performance Energy & Metabolism Blend	53.01 mg	
Pataina (as Pataina Undershlarida)(Trimathulahusina)	10 mg	
Betaine (as Betaine Hydrochloride)(Trimethylglycine)	pm vi iv mq	
Inositol Boron (as Sodium Borate)	2 mg 2 mg	
Inositol Boron (as Sodium Borate) Grapp Spod Extract (Vitis vinifara)(Standardized to Polymbonols)	2 mg 2 mg 1 mq	
Inositol Boron (as Sodium Borate) Grapp Spod Extract (Vitis vinifara)(Standardized to Polymbonols)		
Inositol. Boron (as Sodium Borate) Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols) Vanadium (as Sodium Metavanadate)	18 mg	
Inostol. Boron (as Sodium Borate) Grape Seed Extract (Viris winferar) (Standardized to Polyphenols) Vanadium (as Sodium Metavanadate) Joint & Skin Support Blend MSW Mothols droodmathana)	18 mg	
Inostol Boron (as Sodium Borate) Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols) Vanadium (as Sodium Metavanadate) Joint & Skin Support Blend MSM (Methylsutfonylmethane) Silica (as Silicon Dioxide)		
Inositol. Boron (as Sodium Borate) Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols) Vanadium (as Sodium Metavanadate)		

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Maltodextrin, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color). Stevia Leaf Extract.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).