

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 GNC 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 multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

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

180 CAPLETS/90-DAY SUPPLY

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 90

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU)	2000%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	2221 mg	147%
Vitamin K (as Phytanadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	500 mg	383%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Cupric Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Super Antioxidant Blend	28.96 mg	*
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
CurcuWIN® Turmeric Root Extract (<i>Curcuma longa</i>)(Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from <i>Haemotococcus pluvialis</i>)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Performance Energy & Metabolism Blend	53.01 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)(Standardized to EGCG)	30 mg	*
Betaine (as Betaine Hydrochloride)(Trimethylglycine)	10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)(Standardized to Polyphenols)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Joint & Skin Support Blend	18 mg	*
MSM (Methylsulfonfylmethane)	12 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg	*

* Daily Value not established

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).