

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.

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.

* 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

Multivitamin

ENERGY & METABOLISM

Zoom!

Get the multivitamin that will help support your metabolism and defeat your to-do list.*

- ✔ **Clinically Studied Multivitamin Blend**
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin^
- ✔ **Energy Production**
Shown to improve levels of key B-vitamins^ essential for energy production*
- ✔ **Calorie Burning**
Features a combination of thermogenic ingredients that may support calorie burning*
- ✔ **Mental Sharpness & Memory**
Includes caffeine for mental sharpness and choline for memory support*

GNC
WOMEN's

Multivitamin

ENERGY & METABOLISM

Specially formulated for calorie burn & mental sharpness*
Clinically proven to make you feel better^
Timed-Release



DIETARY SUPPLEMENT

180 CAPLETS/90-DAY SUPPLY

CODE ZST2321

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).....200%	
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.1 mg.....147%	
Vitamin K (as Phytonadione)	80 mcg.....67%	
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg.....416%	
Riboflavin (Vitamin B-2)	50 mg.....384%	
Niacin (as Niacinamide & Niacin)	50 mg.....313%	
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg.....2941%	
Folate	667 mcg DFE.....167%	
	(400 mcg Folic Acid)	
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)	500 mg.....38%	
	Calcium d-Pantothenate and Calcium Ascorbate)	
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%	

Energy & Metabolism Blend

137.01 mg

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Caffeine Anhydrous, Green Tea Extract (Camellia sinensis)(Standardized to Polyphenols)

Capsimax® Capsicum Seed Extract (Capsicum annuum), Black Pepper Fruit Extract (Piper nigrum)

(Standardized to Piperine), Boron (as Sodium Borate), Vanadium (as Sodium Metavanadate)

Super Antioxidant Blend

28.96 mg

*

alpha Lipoic Acid

25 mg

*

Lutemax®2020 Lutein

2 mg

*

Lycopene

1 mg

*

CurcuWIN® Turmeric Root Extract (Curcuma longa)

500 mcg

*

(Standardized to Curcuminoids)

Zeaxanthin (as Zeaxanthin Isomers)

400 mcg

*

Astaxanthin (from Haematococcus pluvialis)

50 mcg

*

beta-Cryptoxanthin

10 mcg

*

Inositol

10 mg

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Silica (as Silicon Dioxide)

4 mg

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* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, 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).

Contains 100 mg of caffeine.

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. 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.

⚠ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov.

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

Conforms to USP <2091> for weight.

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