

⚠ 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.

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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.

GNC
WOMEN'S

Multivitamin

ULTRA MEGA

Living well starts here.

Start your nutrition regimen with the multivitamin blend that's designed for women and provides support for your overall health.*

✔ **Clinically Studied Multivitamin Blend**
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin^

✔ **Immune Support**
Supports immune health with 30% more absorption of key immune and oxidative defense nutrients^*

✔ **Brain Health**
Has choline to support memory function, plus GABA and inositol for additional brain and nerve support*

✔ **Beauty**
Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration – plus it's packed with antioxidants to help protect against free radicals*

* 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

ULTRA MEGA

Support for overall health & wellness*
Clinically proven to make you feel better^
Timed-Release



DIETARY SUPPLEMENT

180 CAPLETS/90-DAY SUPPLY

CODE Z02421

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 mcg167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg222%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU)200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 mg134%
Vitamin K (as Phytonadione)	80 mcg67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg4167%
Riboflavin (Vitamin B-2)	50 mg3845%
Niacin (as Niacinamide & Niacin)	50 mg313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg2941%
Folate	680 mcg DFE170%
	(400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	50 mcg2083%
Biotin	300 mcg1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg1000%
Choline (as Choline Bitartrate)	10 mg2%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium d-Pantothenate & Calcium Ascorbate)	500 mg38%
Iron (as Ferrous Fumarate)	18 mg100%
Iodine (as Potassium Iodide)	150 mcg100%
Magnesium (as Magnesium Oxide)	50 mg12%
Zinc (as Zinc Oxide)	15 mg186%
Selenium (as L-Selenomethionine)	200 mcg345%
Copper (as Copper Sulfate)	2 mg222%
Manganese (as Manganese Sulfate)	2 mg87%
Chromium (as Chromium Chloride)	120 mcg343%
Molybdenum (as Sodium Molybdate)	75 mcg167%
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
(20% Curcuminoids = 100 mcg)	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Astaxanthin (from Haematococcus pluvialis)	50 mcg
beta-Cryptoxanthin	10 mcg
Beauty Blend	20 mg
Green Tea Leaf Extract (Camellia sinensis)(14% Polyphenols = 1.96 mg)	14 mg
Silica (as Silicon Dioxide)	4 mg
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg
Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)	1 mg
Fruit & Vegetable Blend	15 mg
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder	
Brain Health Blend	13.01 mg
Inositol	10 mg
Boron (as Sodium Borate)	2 mg
GABA (gamma-Aminobutyric Acid)	1 mg
Vanadium (as Sodium Metavanadate)	10 mcg

* Daily Value not established.

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

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

Conforms to USP <209> for weight.

FUG

Gf
GLUTEN
FREE