

No Artificial Flavors, No Wheat,
Gluten Free, No Dairy.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

* This statement has 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

One Daily Multivitamin

ENERGY & METABOLISM

Specially formulated for calorie burn
& mental sharpness*



DIETARY SUPPLEMENT 60 CAPLETS/60-DAY SUPPLY

CODE 211921 **KUG**
DIRECTIONS: As a dietary supplement, take one caplet daily.

Supplement Facts		
Serving Size One Caplet		
Amount Per Serving	% Daily Value	
Vitamin A (as Retinyl Acetate)	1050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol)	30 mcg	150%
Vitamin E (as d-alpha Tocopheryl Succinate)	191 mg	127%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.7 mg	142%
Riboflavin (Vitamin B-2)	1.9 mg	146%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.2 mg	129%
Folate	816 mcg DFE (480 mcg Folic Acid)	204%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Choline (as Choline Bitartrate)	2.5 mg	<1%
Calcium (as Calcium Carbonate, d-Calcium Pantothenate & Dicalcium Phosphate)	260 mg	20%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	15 mg	1%
Iodine (as Potassium Iodide)	150 mcg	100%

Amount Per Serving	% Daily Value	
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as Sodium Selenate)	70 mcg	127%
Copper (as Copper Gluconate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	200 mcg	571%
Molybdenum (as Amino Acid Chelate)	75 mcg	167%
Chloride (as Potassium Chloride)	36 mg	2%
Potassium (as Potassium Chloride)	40 mg	1%

Caffeine Anhydrous	100 mg	*
Green Tea Leaves Extract (Camellia sinensis)	20 mg	*
Capsicum Seed Extract (Capsicum annuum)	10 mg	*
Black Pepper Fruit Extract (Piper nigrum) (50% Piperine = 2.5 mg)	5 mg	*
Hydrolyzed Collagen	5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Boron (as Sodium Borate)	1 mg	*
Lutein	1 mg	*
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg	*
Vanadium (as Sodium Metavanadate)	5 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Vegetable Source, Calcium Silicate, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Magnesium Stearate, Vegetable Source, Polydextrose, Vegetable Acetoglycerides, Talc, Polyethylene Glycol, Medium Chain Triglycerides, Polysorbate 80, Carmine (Color).

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

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. This product contains EGCG from green tea. Niacin may cause a temporary flushing reaction.

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.

Lot No./Best By: