

CODE 209122
DIRECTIONS: As a dietary supplement, take contents of one packet daily with food. For maximum benefits, take as directed every day.
Each pack contains:
Women's Multivitamin Active

Supplement Facts

Serving Size Two Light Green Caplets		
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	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phyttonadione)	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	680 mcg DFE	170%
(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 and Calcium Ascorbate)	500 mg	38%
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 (Curcuma longa)(Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Performance Energy & Metabolism Blend	53.01 mg	*
Green Tea Leaf Extract (Camellia sinensis)(Standardized to EGCG)	30 mg	*

Amount Per Serving	% Daily Value	
Betaine (Trimethylglycine)(as Betaine Hydrochloride)	10 mg	*
Inositol	10 mg	*
Boron (Sodium Borate)	2 mg	*
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Joint & Skin Support Blend	18 mg	*
MSM (Methylsulfonylmethane)	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, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Dicalcium Phosphate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, 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).

Conforms to USP <2091> for weight.

Energy and Metabolism Igniter

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value	
Niacin	20 mg	125%
Caffeine Anhydrous	200 mg	*
Garcinia cambogia Fruit Extract	100 mg	*
Green Tea Extract (Camellia sinensis)(50% EGCG = 25 mg)	50 mg	*
Green Coffee Bean Extract (Coffea spp.)	50 mg	*
Capsicum Seed Extract (Capsicum annuum)	33.4 mg	*
Lychee Fruit Extract (Litchi chinensis)	25 mg	*
Black Pepper Fruit Extract (Piper nigrum)(50% Piperine = 5 mg)	10 mg	*
* Daily Value not established.		

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Sucrose, Hydroxypropylcellulose, Calcium Silicate, Magnesium Stearate Vegetable Source, Talc, Silica, Chlorophyllin (Color).

Conforms to USP <2091> for weight.

Meets USP <2040 > for disintegration.

Total caffeine per capsule is 200 mg.

ACTUAL SIZE

L-Carnitine

Supplement Facts

Serving Size One Capsule		
Amount Per Serving	% Daily Value	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg*	
* Daily Value not established.		

OTHER INGREDIENTS: Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

Essential Fatty Acid Support

Supplement Facts

Serving Size One Softgel Capsule		
Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1% †
Total Omega-3s	942 mg	*
EPA (Eicosapentaenoic Acid)(Omega-3)	700 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	100 mg	*
Other Omega-3s	142 mg	*
GLA (gamma Linolenic Acid)	25 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Fish Body Oil, Safflower Oil, Gelatin, Glycerin, Mixed Tocopherols.

Conforms to USP <2091> for weight.

⚠ 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.

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

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
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GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

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*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

Vitapak® Program

ENERGY & METABOLISM

Specially formulated for calorie burn & mental sharpness*
Includes multivitamin + energy & metabolism igniter
+ fatty acid metabolizer + essential fatty acids



DIETARY SUPPLEMENT

30 PACKS

30-DAY SUPPLY

GNC
WOMEN'S

Vitapak® Program

ENERGY & METABOLISM

Rev up your regimen.

With a multivitamin blend clinically proven to make you feel better,* plus extra ingredients customized for calorie burn and mental sharpness, our Women's Vitapak® Program Energy & Metabolism will help put pep in your step.*

Your added support includes:

- ✓ **Energy & Metabolism**
Features a clinically studied calorie-burning blend plus caffeine for mental alertness*
- ✓ **Muscle Fuel**
L-carnitine helps use fatty acids as energy and fuel skeletal muscles*
- ✓ **Cardiovascular Health**
Omega-3s and GLA help support healthy blood lipids and cardiovascular health*

* 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.