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 Ultra Mega® without Iron

# **Supplement Facts**

| Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate;  |   | 333%   |
|---|---|--|
| 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 Phytonadione)   | 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%   |
| (4)   | 00 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%  |
| Magnesium (as Magnesium Oxide)  | 50 mg   | 12%  |
| Zinc (as Zinc Oxide)  | 15 mg   | 136%   |
| Selenium (as L-Selenomethionine)  | 200 mcg   | 364%   |
| Copper (as Copper 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)   | 500 mcg   | *  |
| (20% Curcuminoids = 100 mcg)  |   |  |
| Zeaxanthin (as Zeaxanthin Isomers)  | 400 mcg   | *  |
| Astaxanthin (from Haematococcus pluvialis)  | 50 mcg  |  |
|   |   |  |
| beta-Cryptoxanthin  |   | *  |
| Fruit & Vegetable Blend   | 10 mcg<br>15 mg   | •  |
| Fruit & Vegetable Blend  Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Aca Fruit Powder, Porregranate Fruit Powder, Broccoli Powder, Tomato Pow   | 10 mcg<br>15 mg<br>Fruit Powder, Blueberry Pomace P<br>der, Grape Skin Powder, Carrot Pow   | owder, Cranberry<br>Ider, Papaya Fruit       |
| Fruit & Vegetable Blend  Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Aca  | 10 mcg<br>15 mg<br>Fruit Powder, Blueberry Pomace P<br>der, Grape Skin Powder, Carrot Pow   | owder, Cranberry<br>der, Papaya Fruit<br>der |
| Fruit & Vegetable Blend Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Aca<br>Fruit Powder, Pernegranate Fruit Powder, Broccoli Powder, Tomato Powr<br>Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder,   | 10 mcg 15 mg i Fruit Powder, Blueberry Pomace P der, Grape Skin Powder, Carrot Pow Apple Fruit Powder, Kiwi Fruit Pow 20 mg                             | owder, Cranberry<br>der, Papaya Fruit<br>der |
| Fruit & Vegetable Blend Orange Peik Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Aco Fruit Powder, Persepanate Fruit Powder, Breccoil Powder, Toensto Pow Powder, Piesapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Beauty Blend Green Tea Leaf Extract (Camellia sinensis)(14%, Polyphenois                               | 10 mcg 15 mg 15 mg Fruit Powder, Blueberry Pomace P der, Grape Skin Powder, Carrot Pow Apple Fruit Powder, Kiwi Fruit Pow 20 mg 1.96 mg) 14 mg          | owder, Cranberry<br>der, Papaya Fruit<br>der |
| Fruit & Vegetable Blend Orange Piel Pouder, Spinach Leaf Pouder, Eiderberry Fruit Pouder, Aca Fruit Pouder, Pousey anathe Fruit Pouder, Brecoil Pouder, Tonath Four Pouder, Theosphe Fruit Pouder, Casillioner Pouder, Asia Leaf Pouder, Beauty Blend Green Tea Leaf Estract (Camellia sinensis) (14% Polyphenois * Silica (as Silicon Bioxide) | 10 mcg 15 mg 15 mg Fruit Powder, Blueberry Pomace P der, Grape Skin Powder, Carrot Pow Apple Fruit Powder, Kirt Powder, Kirt 20 mg 1.96 mg 4 mg         | owder, Cranberry<br>der, Papaya Fruit<br>der |
| Fruit & Vegetable Blend Orange Peik Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Aco Fruit Powder, Persepanate Fruit Powder, Breccoil Powder, Toensto Pow Powder, Piesapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Beauty Blend Green Tea Leaf Extract (Camellia sinensis)(14%, Polyphenois                               | 10 mcg 15 mg 15 mg 16 Fruit Powder, Blueberry Pomace P der, Grape Skin Powder, Carrol Pow Apple Fruit Powder, Kinei Fruit Pow 20 mg 1.96 mg) 14 mg 1 mg | owder, Cranberry<br>Ider, Papaya Fruit       |

| 10 mg<br>2 mg<br>1 mg      | *   |
|----------------------------|---|
|                            | - :   |
| 1 mg                       | *   |
|                            |   |
| IO mcg                     |   |
|                            |   |
| ce, Titanium Dioxide (Mine |   |
|                            | Cellulose, Stearic Acid Vego<br>ce, Titanium Dioxide (Mine<br>f Extract |

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Pollock, Sardine, Smelt, Salmon, Tuna, Cod Or A Combination Thereof). ACTUAL SIZE

#### Fish Body Oil

# Supplement Facts

| Serving Size One Amber Softgel Capsule     | Size One Amber Softgel Capsule |             |
|--|--------------------------------|-------------|
| nount Per Serving                          | %                              | Daily Value |
| alories                                    | 15                             |             |
| Fat  | 1.5 g                          | 2%†         |
| terol                                      | <5 mg                          | 2%          |
| cosapentaenoic Acid) Omega-3               | 540 mg                         |             |
| Occosahexaenoic Acid) Omega-3              | 360 mg                         | *           |
| Daily Value based on a 2,000 calorie diet. |                                |             |

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Toronherols. Medium Chain Triglycerides, Oleic Acid, Stearic Acid), Potency verified ACTUAL SIZE by GNC procedure #5123. Conforms to USP <2091> for weight.

| Amount Per Serving   |                |                |        | % D |
|--|----------------|----------------|--------|-----|
| Calcium  |                |                | 54 mg  |     |
| Ginkgo biloba Leaf Extract<br>(24% Ginkgo Flavonglycosides = | 28.8 mg)(6% Te | rpene Lactones | 120 mg |     |

OTHER INGREDIENTS: Dicalcium Phosphate, Venetable Cellulose Capsule Microcrystalline Cellulose, Stearic Acid Venetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Potency verified by GNC procedure #5000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.



#### **Antioxidant & Circulation**

Supplement Facts **Supplement Facts** Amount Per Serving alpha-Lipoic Acid Turmeric Root Extract (Curcuma longa) resVida® trans-Resveratrol Lutemax® 2020 Lutein (from Marigold Flower Extract (Tagetes erecta)) 10 mg Zeaxanthin (as Zeaxanthin Isomers

\* Daily Value not established

**Digestive Enzymes** 

Amount Per Serving

n.Zimes® Proprietary Blend

Daily Value not established

CONTAINS: Milk, Sovbeans and Wheat, Conforms to USP <2091> for weight

OTHER INGREDIENTS: Gelatin, Hydroxypropyl Methylcellulose

onforms to USP <2091> for weight. Meets USP <2040> disintegration.

**Supplement Facts** 

Amylase 3500 DU, Protease 4.5 7500 HUT, Lipase AN 125 FIP, Glucoamylase 5.5 AGU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FCCPU, Protease 6.0

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Gelatin

1000 HUT, Papain 140,000 FCCPU, Cellulase 50 CU, Diastase 62.5 D

Medium Chain Triglycerides, Magnesium Stearate, Silica.

CereCalase® Proprietary Blend Hemicellulase, beta-Glucanase, Phytase

Microcrystalline Cellulose, Modified Starch, Magnesium

Bone, Beauty and Hormone Formula

(Scutellaria baicalensis) Root Extract

Acacia catechy Wood & Bark Extract and Chinese Skullcap

OTHER INGREDIENTS: Microcrystalline Cellulose. Gelatin. Stearic Acid Vegetable Source Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide.

Amount Per Serving

\* Daily Value not established.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

#### Stearate Vegetable Source, Sucrose, Maltodextrin dl-Tocopherol, Sodium Ascorbate, Hydroxypropylcellulose, Supplement Facts Stearic Acid Vegetable Source, Silicon Dioxide

| Amount Per Serving                   |        | % Daily Valu |
|--------------------------------------|--------|--------------|
| Calories                             | 5      |              |
| Total Fat                            | 0.5 g  | <1%          |
| gamma Linolenic Acid (GLA)           | 250 mg |              |
| Burdock Root Extract (Arctium lappa) | 100 mg |              |
| MBP® (Milk Protein)                  | 40 mg  |              |

 Daily Value not established OTHER INGREDIENTS: Safflower Oil, Gelatin, Glycerin, Yellow Beeswax, Silicon Dioxide, Annatto Color, Soy Lecithin, Titanium Dioxide (Mineral Whitene

CONTAINS: Milk and Sovbean Conforms to USP <2091> for weight Meet USP <2040> disintegration

For More Information

General Nutrition Corporation

Pittsburgh, PA 15222 USA

1-888-462-2548

Store in a cool, dry place.

Meets USP <2040> disintegration.

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.

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ACTUAL SIZE

### **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.



# Vitapak<sup>®</sup> Program

#### **WHOLE BODY**

Targeted solutions for head-to-toe support\* Includes multivitamin + heart & eye health + brain health + joint health + bone, beauty & hormone formula + antioxidant & circulation + digestive enzymes



# Vitapak<sup>®</sup> Program

WHOLE BODY

#### Comprehensive support made convenient

With a multivitamin blend clinically proven to make you feel better, plus targeted solution: for head-to-toe support, our Women's Vitapak® Program Whole Body has you covered.\* Your added support includes:

## Heart, Eye & Circulatory Health

Features EPA & DHA omega-3s to support heart and eye health\* and resVida®, which is clinically shown to support blood vessel dilation\*

## Brain Health

## Has ginkgo biloba to support mental sharpness\*

# Joint & Bone Health

Includes a blend clinically shown to provide a 30% improvement in flexibility and 19% improvement in joint function† plus it has MBP®, which is clinically studied to support the body's natural ability to build and maintain healthy bones\*

## Beauty & Hormonal Balance

GLA provides support for normal, healthy skin and hormonal balance\*

Digestion

Includes two enzyme blends for digestive support 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 basic multivitamin formula based upon multivariate statistical analyses of a group of By itamins (thiamin, niacin, riboflavin, panfothenic 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 It a 12 week multi-center, randomized, double-blind, placeho-controlled study of 60 adults, subjects taking 250 molday of the joint, blend showed a significant 29.8% improvement in joint

flexibility and a 19.4% improvement in joint function in 30 days compared to subjects on placebo 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.