CODE 204612 EUG

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

Serving Size Two Light Green Caplets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	3000 mcg	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 (400 mcg Folic Acid)	170%
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*) (20% Curcuminoids = 100 mcg)	500 mg	*
- Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
- Astaxanthin (from *Haematococcus pluvialis*)	50 mg	*
- beta-Cryptoxanthin	10 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		
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	*
Brain Health Blend	**13.01 mg**	*

Amount Per Serving		% Daily Value
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, 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, Pollock, Sardine, Smelt, Salmon, Tuna, Cod Or A Combination Thereof).

ACTUAL SIZE

Fish Body Oil

Supplement Facts

Serving Size One Amber Softgel Capsule

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Cholesterol	<5 mg	2%
EPA (Eicosapentaenoic Acid) Omega-3	540 mg	*
DHA (Docosahexaenoic Acid) Omega-3	360 mg	*

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Tocopherols, Enteric Coating (Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid), Potency verified by GNC procedure #5123. Conforms to USP <2091> for weight.

ACTUAL SIZE

Ginkgo Biloba

Supplement Facts

Serving Size One Tan Capsule

Amount Per Serving		% Daily Value
Calcium	54 mg	4%
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)	120 mg	*

* Daily Value not established.

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

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
Acacia catechu Wood & Bark Extract and Chinese Skullcap (*Scutellaria baicalensis*) Root Extract	250 mg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Bone, Beauty and Hormone Formula

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving		% Daily Value
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	*

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

OTHER INGREDIENTS: Safflower Oil, Gelatin, Glycerin, Yellow Beeswax, Silicon Dioxide, Annatto Color, Soy Lecithin, Titanium Dioxide (Mineral Whitener).

CONTAINS: Milk and Soybeans.

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

ACTUAL SIZE

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

⚠ **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.

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.

Antioxidant & Circulation

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
alpha-Lipoic Acid	50 mg*
Turmeric Root Extract (*Curcuma longa*)	50 mg*
resVida® trans-Resveratrol	30 mg*
Lutemax® 2020 Lutein (from Marigold Flower Extract (*Tagetes erecta*))	10 mg*
Zeaxanthin (as Zeaxanthin Isomers)	2.2 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Modified Starch, Magnesium Stearate Vegetable Source, Sucrose, Maltodextrin, di-Tocopherol, Sodium Ascorbate, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silicon Dioxide. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Digestive Enzymes

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
n•Zimes® Proprietary Blend 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 1000 HUT, Papain 140,000 FCCPU, Cellulase 50 CU, Diastase 62.5 DP	146 mg*
CereCalase® Proprietary Blend Hemicellulase, beta-Glucanase, Phytase	5 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Gelatin, Medium Chain Triglycerides, Magnesium Stearate, Silica.

CONTAINS: Milk, Soybeans and Wheat.

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

ACTUAL SIZE

Lutemax® 2020 and CurcuWIN® are trademarks of OmniActive Health Technologies. MBP® is registered in the U.S.A. by MEGMILK SNOW BRAND Co., Ltd.

n•zimes® and CereCalase® are trademarks of Deerland Probiotics & Enzymes. resVida® is a trademark of DSM.

GNC WOMEN's

Vitapak® 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

GNC WOMEN's

Vitapak® Program

WHOLE BODY

Comprehensive support made convenient.

With a multivitamin blend clinically proven to make you feel better,^ plus targeted solutions 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 8 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.
†In a 12 week multi-center, randomized, double-blind, placebo-controlled study of 60 adults, subjects taking 250 mg/day 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.**