

CODE 330222

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Women's Bone Density without Iron and Iodine Multivitamin

Supplement Facts

Serving Size Four Pink Caplets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	1500 mcg	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol D-3)	50 mcg	250%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	201 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, Dicalcium Phosphate, Calcium d-Pantothenate, Calcium Ascorbate)	1000 mg	77%
Magnesium (as Magnesium Oxide)	250 mg	60%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Cupric Oxide)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
MBP® (Milk Protein)	40 mg	*
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	10 mg	*
Cranberry Fruit Concentrate (<i>Vaccinium macrocarpon</i>)	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lutemax 2020® Lutein (From Marigold Flower Extract)(<i>Tagetes erecta</i>)	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

IUG

Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%†
Cholesterol	10 mg	3%
Total Omega-3 Fatty Acids (including DHA/EPA)	300 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Mixed Tocopherols, Rosemary Leaf Extract (*Rosmarinus officinalis*).

CONTAINS: Milk, Soybeans, Fish (Cod, Pollock, Haddock, Hake, Cusk, Redfish, Sole, Flounder).

Menopause Formula

Supplement Facts

Serving Size One Brown Filled Capsule

Amount Per Serving		
Black Cohosh Root & Rhizome Extract (<i>Cimicifuga racemosa</i>)	160 mg*	
Soy Isoflavone Concentrate (40% Isoflavones = 40 mg)	100 mg*	

* Daily Value not established.

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

CONTAINS: Soybeans.

Conforms to USP <2091> for weight.

Meets USP <2040> for disintegration.

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

Evening Primrose Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Polyunsaturated Fat	1 g	*
Evening Primrose Oil (<i>Oenothera biennis</i>)(Seed)	1300 mg	*
Linoleic Acid (LA)	910 mg	*
gamma-Linolenic Acid (GLA)	100 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

OTHER INGREDIENTS: Gelatin, Glycerin, Enteric Coating (Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid). Conforms to USP <2091> for weight.

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. Niacin may cause a temporary flushing reaction. This product contains EGCG from green tea. **Contains Black Cohosh which is not to be used while pregnant or nursing.**

No Wheat, Gluten Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

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



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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

MENOPAUSE SUPPORT

Specially formulated for hot flashes & bone support*

Includes multivitamin + menopause formula
+ fish oil + evening primrose oil



DIETARY SUPPLEMENT

30 PACKS

30-DAY SUPPLY

GNC
WOMEN's

Vitapak® Program

MENOPAUSE SUPPORT

Going through menopause? Don't sweat it.

This Vitapak® program features a multivitamin blend clinically proven to make you feel better* and additional ingredients designed to support women during midlife changes.*

Your added support includes:

- ✓ **Menopause Support**
Includes black cohosh, traditionally used to address symptoms during menopause; soy isoflavones, which may have a mild estrogenic effect; and evening primrose oil, which may help with hormonal balance*
- ✓ **Bone Health**
Features MBP®, which is clinically studied to support the body's natural ability to build and maintain healthy bones*
- ✓ **Cardiovascular Health**
Omega-3s from fish oil and GLA from evening primrose oil help support healthy blood lipids and cardiovascular health*
- ✓ **Antioxidants**
Help protect against free radicals that can destroy healthy cells and promote the cell-aging process*

*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.