

**⚠️ 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. Biotin may cause a temporary flashing reaction. This product contains EGCG from green tea.

**⚠️ 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.

Conforms to USP <209> for weight.

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

CurcuWIN® and Lutensin® 2020 trademarks belong to OmniActive Health Technologies.

**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

**GNC**  
WOMEN's

# Multivitamin

**ULTRA MEGA**

**Living well starts here.**

Start your nutrition regimen with the multivitamin blend that's designed for women and provides support for your overall health.\*

✔ **Clinically Studied Multivitamin Blend**  
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin\*

✔ **Immune Support**  
Supports immune health with 30% more absorption of key immune and oxidative defense nutrients\*\*

✔ **Brain Health**  
Has choline to support memory function, plus GABA and inositol for additional brain and nerve support\*

✔ **Beauty**  
Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration - plus, it's packed with antioxidants to help protect against free radicals\*

**GNC**  
WOMEN's

# Multivitamin

**ULTRA MEGA**

Support for overall health & wellness\*  
Clinically proven to make you feel better\*  
Timed-Release



DIETARY SUPPLEMENT

90 CAPLETS/45-DAY SUPPLY

CODE 2023411

**DIRECTIONS:** As a dietary supplement, take two caplets daily with food.

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 45

| Amount Per Serving                                                                              | % Daily Value    |
|-------------------------------------------------------------------------------------------------|------------------|
| Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)                                          | 1500 mcg 150%    |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate)                                                | 200 mg 222%      |
| Vitamin B (as Cholecalciferol B-3)                                                              | 40 mcg 200%      |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate)                                               | 16.00 IU 154%    |
| Vitamin K (as Phytonadione)                                                                     | 80 mcg 67%       |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate)                                                  | 50 mg 463%       |
| Riboflavin (Vitamin B-2)                                                                        | 50 mg 384%       |
| Niacin (as Nicotinamide & Niacin)                                                               | 50 mg 370%       |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                       | 50 mg 294%       |
| Folate                                                                                          | 680 mcg DFE 178% |
| Vitamin B-12 (as Cyanocobalamin)                                                                | 50 mcg 2083%     |
| Biotin                                                                                          | 380 mcg 1000%    |
| Pantothenic Acid (as Calcium D-Pantothenate)                                                    | 50 mg 1000%      |
| Choline (as Choline Bitartrate)                                                                 | 30 mg 2%         |
| Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium D-Pantothenate & Calcium Ascorbate) | 500 mg 38%       |
| Iron (as Ferrous Fumarate)                                                                      | 18 mg 306%       |
| Iodine (as Potassium Iodide)                                                                    | 150 mcg 300%     |
| Magnesium (as Magnesium Oxide)                                                                  | 50 mg 12%        |
| Zinc (as Zinc Oxide)                                                                            | 15 mg 136%       |
| Selenium (as L-Selenomethionine)                                                                | 280 mcg 364%     |
| Copper (as Copper Sulfate)                                                                      | 2 mg 222%        |
| Manganese (as Manganese Sulfate)                                                                | 2 mg 87%         |
| Chromium (as Chromium Chloride)                                                                 | 100 mcg 343%     |
| Molybdenum (as Sodium Molybdate)                                                                | 75 mcg 167%      |

|                                                                              |                 |
|------------------------------------------------------------------------------|-----------------|
| <b>Super Antioxidant Blend</b>                                               | <b>18.96 mg</b> |
| alpha-Lipoic Acid                                                            | 25 mg           |
| Lutensin® 2020 (Lutein)                                                      | 2 mg            |
| Lycopene                                                                     | 1 mg            |
| CurcuWIN® Turmeric Root Extract (Curcuma longa) (20% Curcuminoids - 100 mcg) | 500 mcg         |
| Zeaxanthin (as Zeaxanthin Isomers)                                           | 400 mcg         |
| Astaxanthin (from Haemastococcus pluvialis)                                  | 50 mcg          |
| Beta-Cryptoxanthin                                                           | 10 mcg          |

|                                                                        |              |
|------------------------------------------------------------------------|--------------|
| <b>Beauty Blend</b>                                                    | <b>36 mg</b> |
| Green Tea Leaf Extract (Camellia sinensis) (94% Polyphenols - 1.96 mg) | 14 mg        |
| Silica (as Silicic Acid)                                               | 4 mg         |
| Hydroxylic Acid (as Sodium Hyaluronate)                                | 1 mg         |
| Grape Seed Extract (Vitis vinifera) (95% Polyphenols - 0.86 mg)        | 1 mg         |

|                                                                                                                                                                                                                                                                                                                                                           |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Fruit &amp; Vegetable Blend</b>                                                                                                                                                                                                                                                                                                                        | <b>15 mg</b> |
| Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Strawberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Boscoc Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Raspberry Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder |              |

|                                   |                 |
|-----------------------------------|-----------------|
| <b>Brain Health Blend</b>         | <b>13.01 mg</b> |
| 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, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral White), 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).

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\* 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.

\*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 analysis 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.

## 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.