

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Riboflavin, Glycolic Esters, Saccharin, Carmine Color.

CONTAINS: Fish and Shellfish.

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.

WARNING: 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.

Conforms to USP <2091> for weight.

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy, No Soy Protein.

Lutonax 2020™ is a trademark of
OmniActive Health Technologies.

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in D3-25 Vitally and Mental Health scores compared to those taking a placebo.

†Compared to leading brands.

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

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

ACTUAL SIZE

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 18 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



Please recycle this box.

WOMEN'S ULTRA MEGA® ACTIVE

Proper nutrition during training is one of the keys to success. Working out can deplete the body of important nutrients, particularly minerals and water soluble vitamins. Women's Ultra Mega® Active is the premium multivitamin for women who work out regularly.

Advanced Nutritional Support

- Includes 1,600 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast, bone and immune health.*
- Provides 500 mg of bone-strengthening calcium. Adequate calcium and vitamin D-3 in a healthy diet throughout life may reduce the risk of osteoporosis.
- Features key electrolytes including potassium and chloride, which help to regulate body fluids.*
- Includes 18 mg of iron, a vital nutrient that plays an essential role in forming healthy red blood cells and transporting oxygen.*

Metabolism & Energy Support

- Provides B-vitamins that are essential for carbohydrate metabolism and energy production.*
- Supplies key minerals such as zinc and chromium that are involved in carbohydrate metabolism and glucose utilization.*

Joint Cushion Support Blend

- Features a joint cushioning blend that includes components for healthy joint cartilage. It supplies collagen, MSM and hyaluronic acid (HA), an important structural component of body tissues, including the fluids surrounding the joints and collagen.*

Antioxidant Protection

- Combines lutein with zeaxanthin to support eye health and a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.*

Timed-release caplets provide a gradual release of vital nutrients.

* 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.

2X MORE D-3*



WOMEN'S
ULTRA
MEGA®
Active

Dietary Supplement

CLINICALLY STUDIED
MULTIVITAMIN*

- With 1,600 IU of vitamin D-3 for breast and bone health*
- Metabolism and energy support*
- Strengthens bones with 500 mg of calcium*
- Cushions joints with vitamin C, collagen and hyaluronic acid*

Timed-Release
90 CAPLETS



CLINICALLY
STUDIED*

Active

7500 11/01/2

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

Supplement Facts

Serving Size: Two Capslets
Servings Per Container: 45

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene, 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 333%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha-Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phylloquinone)	80 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 1000%
Riboflavin (Vitamin B-2)	50 mg 1000%
Niacin (as Nicotinamide & Niacin)	50 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 1000%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 1000%
Biotin	200 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 100%
Calcium (as Calcium Carbonate)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 200%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Performance, Energy & Metabolism Blend Purified Ginseng Root Extract, Ginkgo Biloba Leaf Extract, Green Tea Leaf Extract, L-Valine, L-Leucine, L-Isoleucine	180 mg *
Joint Cushion Support Blend Methylsulfonylmethane (MSM), Collagen, Hyaluronic Acid (HA)	50 mg *
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Cranberry Concentrate (Vaccinium macrocarpon)	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutonax 2020™ Lutein	950 mcg *
Lycopene	850 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	180 mcg *
Apoanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.