

Amount Per Serving	% Daily Value
Lutemax 2020™ Lutein	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Vegetable Acetoglycerides, Chlorophyll, Sucralose.

CONTAINS: Fish and Soybeans.

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.



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

For more information: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by: General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

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 10 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!

WOMEN'S ULTRA MEGA® 50 PLUS

Vitamins and minerals play an important role in the adult years of women. As hormone production begins to drop sharply, women over 50 need to become more attentive to issues concerning bone density and heart health. Eating right and choosing proper supplementation for nutritional insurance are extremely important.

Memory Blend

- Now features phosphatidylcholine, a precursor to acetylcholine a key neurotransmitter known to play a role in memory function with phosphatidylserine, a major component of nerve cell membranes that supports memory health.*

Healthy Aging

- Combines a premium free radical protection blend with antioxidant vitamins, alpha-lipoic acid and green tea. These ingredients offer protection from excess free radicals that can destroy healthy cells and promote the cell-aging process.* It also blends lutein with more zeaxanthin to support eye health.*

- Includes essential B-vitamins that are important for cardiovascular health.*

Bone Health

- Provides 500 mg of calcium and 1,600 IU of vitamin D-3. These important bone-strengthening nutrients are essential in the development of healthy bones and teeth.* Adequate calcium and vitamin D in a healthy diet throughout life may reduce the risk of osteoporosis. In addition, emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.*

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

*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 SF-36 Vitality and Mental Health scores compared to those taking a placebo.

*Compared to leading brands.

* 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® 50 Plus

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*

- With 1,600 IU of vitamin D-3 for breast and bone health*
- Supports memory function*
- Strengthens bones with 500 mg of calcium*
- Fights cell aging with advanced antioxidant blend*

Timed-Release
60 CAPLETS



CLINICALLY
STUDIED*

50 Plus

CODE 178512

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A	5000 IU 100% (50% as beta-Carotene; 50% as Retinyl Acetate)
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 Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacin and Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	500 mg 50%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 288%
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%
Healthy Aging Free Radical Protection Blend alpha-Lipoic Acid, Green Tea Leaves Extract, Bilberry Fruit Powder, Elderberry Fruit Powder, Black Currant Fruit Powder, Blueberry Fruit Powder, Resveratrol	70 mg *
Skin Health Blend Collagen, Hyaluronic Acid (HA)	50 mg *
Memory Health Blend Phosphatidylserine, Choline (as Choline Bitartrate)	20 mg *
Cranberry Concentrate (Vaccinium macrocarpon)	20 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *