

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

CONTAINS: Fish and Soybeans.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry place.

For more information: 1-888-462-2548

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Distributed by: General Nutrition Corporation

Pittsburgh, PA 15222

Made in the USA

GNC WOMEN'S



WOMEN'S ULTRA MEGA[®] 50 PLUS

DIETARY SUPPLEMENT

Premium multivitamin
for women over 50

60 CAPLETS

 **TIMED
RELEASE**

CODE 172612

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

Supplement Facts

Serving size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	3500 IU 70%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	120 mg 200%
Vitamin D (as Cholecalciferol)	600 IU 150%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	10 mcg 13%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	25 mg 1667%
Riboflavin (Vitamin B-2)	25 mg 1471%
Niacin (as Niacin and Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	25 mg 250%
Calcium (as Calcium Carbonate)	500 mg 50%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Hydrolyzed Protein Chelate)	70 mcg 100%

Amount Per Serving	% Daily Value
Copper (as Copper Gluconate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Picolinate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Bilberry Fruit Extract	40 mg *
Free Radical Protection Blend Citrus Bioflavonoids Complex, Bilberry Fruit Powder, Elderberry Fruit Powder, Black Currant Fruit Powder, Blueberry Fruit Powder	35 mg *
Phosphatidyl Serine (PS)	30 mg *
alpha-Lipoic Acid	25 mg *
Cranberry Concentrate	20 mg *
Choline (as Choline Bitartrate)	10 mg *
Green Tea Leaf Extract	10 mg *
Inositol	10 mg *
Policosanol	10 mg *
Silica	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutein (as Lutein Esters)	950 mcg *
Lycopene	950 mcg *
Astaxanthin	50 mcg *
Zeaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

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Place UPC
Here

* Daily Value not established.