▲ 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.

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

No Artificial Flavors, Gluten Free, No Milk.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry place.

For More Information:

1-888-462-2548 GNC.com

'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.

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.



Multivitamin

ACTIVE

Exercise your right to good health.

Whether you're running errands or running laps, this multivitamin helps support your active lifestyle.*

- Clinically Studied Multivitamin Blend Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin*^
- Recovery Has powerful antioxidants, including vitamins C & E and lutein, to help fight free radicals that can be produced from your workout*
- **Bone Health** Features vitamin D, calcium and magnesium to support bone health*
- **Energy Production** Shown to improve levels of key B vitamins essential for energy production*^

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.



Multivitamin

ACTIVE

Specially formulated for active women* Timed-release



DIETARY SUPPLEMENT

180 CAPLETS/90-DAY SUPPLY

Amount Per Servino

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

Supplement Facts Serving Size Two Caplets/Servings Per Container 90

Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 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 (400	680 mcg DFE 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, Calcium d-Pantothenate, Dicalcium Phosphate, Calcium Ascort	bate) 400 mg	31%
Iron (as Ferrous Fumarate)	18 mg	100%
lodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Cupric Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Methyl-Sulfonyl Methane (MSM)	100 mg	,
alpha-Lipoic Acid	25 mg	
Inositol	10 mg	,
Silica (as Silicon Dioxide)	4 mg	,
Roron (ac Codium Rorato)	2 ma	*

Vanadium (as Sodium Metavanadate) * Daily Value not established

Lutein (from Marigold [Tagetes erecta] Flower Extract)

Hvaluronic Acid (as Sodium Hvaluronate)

Astaxanthin (from Haematococcus pluvialis)

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Polyvinyl Alcohol, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener), Talc, Spirulina Extract (Color), Riboflavin (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA Contains a bioengineered food ingredient

Zeaxanthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] Flower Extract)

% Daily Value

2 mg

2 mg

1 mg

400 mcg

50 mca

10 mca

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