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

For More Information: 1-888-462-2548

Capsima

Cayenne Fruit Extract as Capsimax®. Capsimax® 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 blends for six weeks sepreinced 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, niation, inidolarius, pantotheria, caid, 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

ENERGY & METABOLISM

Zoom!

Get the multivitamin that will help support your metabolism and defeat your to-do list.*

- Clinically Studied Multivitamin Blend Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin*
- Energy Production Shown to improve levels of key B-vitamins essential for energy production**
- Calorie Burning
 Features a combination of thermogenic ingredients that may support calorie burning*
- Cognitive Function Includes caffeine for focus and multiple nutrients like vitamin B-12, choline and vitamin C that are involved in brain health*

* 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

ENERGY & METABOLISM

Specially formulated for calorie burn & focus* Timed-release



DIETARY SUPPLEMENT

180 CAPLETS/90-DAY SUPPLY

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. CODE 207122

DIRECTIONS: As a dietary supplement, take two caplets daily with food. Do not take near bedtime.

Supplement Facts

Serving Size Two C Servings Per Conta

Vitamin A C50% as beta-Carotene & 50% as Retinyl Acetate) 1500 mcg RAE Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 300 mg Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 300 mg Vitamin (as St-dipha Tocopheryl Acetate) 20.1 mg Vitamin (as Hytonadione) 80 mcg Hytamin (as Hytonadione) 80 mcg Hibamin (Vitamin B-1) (as Thiamin Mononitrate) 50 mg Holdrain (Vitamin B-2) 50 mg Nalocin (as Miacinamide & Macin) 50 mg Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg Folate 680 mcg PE Vitamin B-12 (as Cyanocobalamin) 50 mcg Biotin 300 mcg Vitamin B-12 (as Cidium d-Pantothenate) 50 mg Biotin 300 mcg Pantothenic Acid (as Calcium d-Pantothenate) 50 mg Localium (as Calcium d-Pantothenate) 50 mg Localium (as Calcium d-Pantothenate) 50 mg Localium (as Calcium Arbonate) 10 mg Calcium Carbonate 300 mg Calcium A-Pantothenate, Dicalcium Phosphate and Calcium Ascorbate) 10 mg Iron (as Sacium Guide) <td< th=""><th>Amount Per Serving</th><th>% Da</th><th>aily Valu</th></td<>	Amount Per Serving	% Da	aily Valu
\triamin D (as Cholecalciferol)	Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	167
Vitamin (a Ser-Japha Tocopheryl Acetate)	Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333
\text{itamin (k as Phytonadione)}. 80 mcg \text{Itamin (k (as Phytonadione)}. 80 mcg \text{Itamin (Vitamin B-1)} \text{arismin (Witamin B-1)}. 80 mcg \text{Itamin (Vitamin B-1)}. 80 mcg \text{Itamin B-1} \text{3 min (Witamin B-2)}. 80 mcg \text{3 min (Vitamin B-2)}. 80 mcg \text{3 min (Vitamin B-1)}. 80 mcg \text{3 min (Vitamin B-6 (as Pyridoxine Hydrochloride)}. 50 mcg \text{2 min (Vitamin B-12 (as Cyanocobalamin)}. 50 mcg \text{2 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 50 mcg \text{3 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 50 mcg \text{3 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 10 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 19 mcg \text{3 min (Sa Forlas Si Pumarate)}. 10 mcg \text{3 min (Sa Cyanocobalamin)}. 20 mcg 3 min (Sa Cyanocobala	Vitamin D (as Cholecalciferol)	50 mcq	250
\text{itamin (k as Phytonadione)}. 80 mcg \text{Itamin (k (as Phytonadione)}. 80 mcg \text{Itamin (Vitamin B-1)} \text{arismin (Witamin B-1)}. 80 mcg \text{Itamin (Vitamin B-1)}. 80 mcg \text{Itamin B-1} \text{3 min (Witamin B-2)}. 80 mcg \text{3 min (Vitamin B-2)}. 80 mcg \text{3 min (Vitamin B-1)}. 80 mcg \text{3 min (Vitamin B-6 (as Pyridoxine Hydrochloride)}. 50 mcg \text{2 min (Vitamin B-12 (as Cyanocobalamin)}. 50 mcg \text{2 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 50 mcg \text{3 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 50 mcg \text{3 min (Vitamin B-12 (as Calcium d-Pantothenate)}. 10 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 18 mcg \text{3 min (Sa Forlas Si Pumarate)}. 19 mcg \text{3 min (Sa Forlas Si Pumarate)}. 10 mcg \text{3 min (Sa Cyanocobalamin)}. 20 mcg 3 min (Sa Cyanocobala	Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg	134
Riboflavin (Vitamin B-2)	Vitamin K (as Phytonadione)	80 mcq	67
Niacin (as Niacinamide & Niacin)	Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167
\text{Vitamin B-E (as Pyridoxine Hydrochloride)} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Riboflavin (Vitamin B-2)	50 mg	3846
Folate	Niacin (as Niacinamide & Niacin)	50 mg	313
Vitamin B-12 (as Cyanocobalamin)	Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941
Vitamin B-12 (as Cyanocobalamin).	Folate	680 mcg DFĚ	170
Biotin 300 mcg 11 Amatothenic Acid (as Calcium d-Pantothenate) 50 mg 1 Choline (as Choline dl-Bitartrate) 10 mg 1 Choline (as Choline dl-Bitartrate) 10 mg 1 Calcium (as Calcium Carbonate) 11 Calcium (as Calcium Carbonate) 11 Calcium (as Calcium Carbonate) 11 Calcium (as Ferrous Fumarate) 11 Calcium (as Ferrous Fumarate) 11 Calcium (as Ferrous Fumarate) 11 Calcium (as Loselamo Modide) 150 mcg 10 Calcium (as Magnesium Odide) 150 mcg 10 Calcium (as Loselamo Modide) 100 mg 100 mcg 100		(400 mcg Folic Acid)	
Pantothenic Acid (as Calcium d-Pantothenate) 50 mg 11 (holinic as Choline di-Bitartate) 10 mg 2 (alcium d-Pantothenate) 10 mg 2 (alcium Garbonate) 11 mg 2 (alcium Garbonate) 12 mg 2 mg 2 (alcium Garbonate) 12 mg 2 m			
Choline (as Choline dl-Bitartrate)	Biotin	300 mcg	1000
Calcium (as Calcium Carbonate,	Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000
Calcium d-Pantothenate, Dicalcium Phosphate and Calcium Ascorbate) It mon (as Ferrous Eumarate). 18 mg Iodine (as Potassium Iodiole). 150 mcg Mangnesium (as Magnesium Oxide). 100 mg Zinc (as Zinc Oxide). 25 mg Zinc (as Zinc Oxide). 25 mg Zinc (as Zinc Oxide). 20 mg Zinc (as Zinc Oxide). 2 mg Manganese (as Manganese Sulfate). 2 mg Manganese (as Manganese Sulfate). 2 mg Manganese (as Manganese Sulfate). 75 mcg Coffee (Coffea arabica) Bean Extract (Standardized to 98% Caffeine = 100 mg). 102 mg alpha-Lipoic Kadi Bean Extract (Standardized to 98% Caffeine = 100 mg). 102 mg alpha-Lipoic Kadi Gas Sodium Myaluronate). 5 mg Silica (as Silicon Dioxide). 5 mg Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg). 2 mg Lutein (from Marigoul Tigozee serecta) Flower Extract). 2 mg Lycopene. 1 mg Lycopene. 1 mg Lord Carbarathin Isomers from Marigold. 50 mcg Lord Carbarathin (as Zeaxanthin Isomers from Marigold. 50 mcg	Choline (as Choline dl-Bitartrate)	10 mg	2
Iron (as Ferrous Fumarate)	Calcium (as Calcium Carbonate,	300 mg	23
lodine (as Potassium lodide)			
Magnesium (as Magnesium Oxide)			
Zinc Gx Zinc Oxide) 25 mg Selenium (as L-Selenomethionine) 200 mcg Copper (as Cupric Sulfate) 2 mg Manganese (as Manganese Sulfate) 2 mg Manganese (as Manganese Sulfate) 120 mcg Molyddenum (as Chromium Chloride) 120 mcg Molyddenum (as Chromium Chloride) 75 mcg Coffee (Coffea arabica) Bean Extract (Standardized to 98% Caffeine = 100 mg) 102 mg alpha-Lipoic Acid 25 mg Cognene (Capsicum annuum) Fruit Extract 10 mg Inositol 10 mg Inositol 10 mg Maylauronia Acid (as Sodium Myaluronate) 5 mg Silica (as Silicon Dioxide) 4 mg Balack Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg Boron (as Sodium Borate) 2 mg Lutein (from Marigold (Tagetes erecta) 1 mg Lycopene 1 mg Lycopene 1 mg Lagetes erecta Flower Extract) 400 mcg Lagetes erecta Flower Extract) 5 mcg Lagetes erecta Flower Extract) 5 mcg	odine (as Potassium Iodide)	150 mcg	100
Selenium (as L-Selenomethionine)	Magnesium (as Magnesium Oxide)	100 mg	24
Copper (as Cupric Sulfate) 2 mg Manganese (as Manganese Sulfate) 2 mg Chromium (as Chromium Chloride) 120 mcg Molyddenum (as Sodium Molyddate) . 75 mcg Coffee (Coffee arabico) Bean Extract (Standardized to 98% Caffeine = 100 mg) . 102 mg alpha-Lipoic Acid 25 mg Capenne (Copsicum annuum) Fruit Extract . 10 mg Inositol . 10 mg Inositol . 10 mg Silica (as Sodium Myaluronate) . 5 mg Silica (as Silicon Dioxide) . 4 mg Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) . 26 mg Boron (as Sodium Borate) . 2 mg Lutein (from Marigold (Togetes erecto] Flower Extract) 2 mg Lycopene . 1 mg Lezavanthin (as Zeaxanthin Isomers from Marigold 400 mcg [Togetes erecto] Flower Extract) . 50 mcg	Zinc (as Zinc Oxide)	25 mg	227
Maniganese (as Manganese Sulfate) 2 mg Chrise (Coffee arabico) Bean Extract (Standardized to 98% Caffeine = 100 mg) 102 mg Jajha-Lipoic Acid 25 mg Cayenne (Copsicum annuum) Fruit Extract 10 mg Inositol 10 m	Selenium (as L-Selenomethionine)	200 mcg	364
Maniganese (as Manganese Sulfate) 2 mg Chromium (As Chromium Chloride) 120 mcg Molybdenum (as Sodium Molybdate)	Copper (as Cupric Sulfate)	2 mg	222
Chrömium (as Chrömium Chloride)	Manganese (as Manganese Sulfate)	2 mg	87
Coffee (Coffee arabica) Bean Extract (Standardized to 98% Caffeine = 100 mg)102 mgalpha-Lipoic Acid	Chromium (as Chromium Chloride)	120 mcg	343
alpha-Lipioic Acid	Molybdenum (as Sodium Molybdate)	75 mcg	167
Cayenne (Copsicum annum) Fruit Extract. 10 mg Intositol 10 mg 19 mg Intositol 10			
Indistol	alpha-Lipoic Acidalpha-Lipoic Acid	25 mg	
Hyaluronic Acid (as Sodium Hyaluronate) 5 mg Silica (as Silicon Dioxide) 4 mg Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg Block Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg Block Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg Bluck Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg Lycopene 1 mg Lycopene 1 mg Lycopene 400 mcg Lycopene 9 mg Lycopene 9			
Silica (s. Silicon Dioxide)	Inositol	10 mg	
Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg). 2.6 mg Boron (as Sodium Borate). 2 mg Lutein (from Marigold [Togetes erecta] Flower Extract). 2 mg Lycopene 1 mg Evavanthin (as Zeaxanthin Isomers from Marigold 400 mcg [Togetes erecta] Flower Extract). 50 mcg Astavanthin (Tom Meemdrooccus pluviolis). 50 mcg			
Boron (as Sodium Borate) 2 mg Lutein (from Marigold Togetes erecta) Flower Extract) 2 mg Lycopene 1 mg Zeaxanthin (as Zeaxanthin Isomers from Marigold 400 mcg [Tagetes erecta] Flower Extract) 400 mcg Extraction (from Hamemotococcus pluvialis) 50 mcg	Silica (as Silicon Dioxide)	4 mg	
Lutein (from Marigold Tagetes erecta] Flower Extract) 2 mg Lycopene 1 mg Zeaxanthin (as Zeaxanthin Isomers from Marigold 400 mcg [Tagetes erecta] Flower Extract) 484 mcg Astavanthin (from Meamotooccus pluviolis) 50 mcg			
Lycopene	Boron (as Sodium Borate)	2 mg	
Zexanthin (as Zeaxanthin Isomers from Marigold			
[<i>Tagetes erecta</i>] Flower Extract) Astaxanthin (from <i>Haematococcus pluvialis</i>)50 mcg50	Lycopene	1 mg	
Astaxanthin (from Haematococcus pluvialis)50 mcg50		400 mcg	
	Astaxanthin (from Haematococcus pluvialis)	50 mca	
	Vanadium (as Sodium Metavanadate)		

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

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).
Distributed by: GNC Holdinos. LLC. Pittsburgh. PA 15222 USA

Contains a bioengineered food ingredient.

▲ 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.

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Contains 100 mg of caffeine.

No Artificial Flavors, Gluten Free, No Milk.