

CODE 330311
Directions: As a dietary supplement, take the contents of one pack daily with food. For maximum benefits, take as directed every day.
Each pack contains:

Women's Ultra Mega® without Iron and Iodine

Supplement Facts

Serving Size Two Light Green Capslets	
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 Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1) as Thiamin Mononitrate	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Nicotinamide & Niacin)	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 266%
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%
Superfoods Fruit & Vegetable Blend	105 mg
Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder, Pomegranate Seed Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	
Beauty Blend	100 mg
Green Tea Leaves Extract, alpha-Lipoic Acid, Collagen, Hyaluronic Acid (HA)	
Choline (as Choline Bitartrate)	10 mg
Inositol	10 mg
Silica (as Silicon Dioxide)	4 mg
Boron (as Hydrolyzed Protein Chelate)	2 mg
Lycopene	950 mcg
Lutemax 2020™ Lutein	950 mcg

Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Cholesterol	5 mg 2%
Omega-3 Fatty Acids (including DHA/EPA)	300 mg

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycides, Natural Vanilla Flavor, Chlorophyll, Sucralose.
CONTAINS: Fish and Soybeans.
Conforms to USP <2091> for weight.

Supplement Facts

Serving Size One White Filled Capsule	
Amount Per Serving	% Daily Value
n-zimes® Proprietary Blend	145 mg
Anyase	3,500 IU
Protease 4.5	7,500 HUT
Lipase	125 FIP
Glucosylase	5.5 AGU
Protease 3.0	7.5 SAPU
Bromelain	150,000 FCCPU
Protease 6.0	1,000 HUT
Papain	140,000 FCCPU
Cellulase	50 CU
Malt diastase	62.5 DP
CereCase® Proprietary Blend	5 mg
Hemicellulase	
beta-Glucanase	
Phytase	

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose, Gelatin.
CONTAINS: Milk, Soybeans and Wheat.
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Balanced Mood Support

Supplement Facts

Serving Size One Tan Filled Capsule	
Amount Per Serving	% Daily Value
Iron (as Hydrolyzed Protein Chelate)	6 mg 33%
Passion Flower Herb (Passiflora incarnata)	100 mg
Rhodiola rosea Root Extract	100 mg
Wiberry Plus™	75 mg
L-Theanine	50 mg

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.
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.

Potency verified by GNC Procedure #4000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

This product is regularly tested (using AOAC international protocols) for potency and purity by an independent, FDA-registered laboratory and found to be free of detectable levels of mercury, cadmium, lead and PCBs.

Supplement Facts

Serving Size One Peach Caplet	
Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol D-3)	400 IU 100%
Calcium (as Calcium Carbonate)	600 mg 60%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Artificial Color (FD&C Yellow #6 Lake).
CONTAINS: Soybeans.
Potencies verified by GNC procedure #4000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.



SCAN & LEARN MORE

*This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

To ensure a complete nutritional program, take daily with these GNC products:

- Ultra Probiotic Complex 25
- SuperFoods Whole Foods Blend
- Hair, Skin & Nails Formula
- Protein



WOMEN'S ULTRA MEGA® Wellness

Dietary Supplement

VITAPAK® PROGRAM

- Clinically studied multivitamin^ with 2,000 IU vitamin D-3
- Strengthens bones with 1,100 mg calcium*
- Supports heart health with omega-3 fatty acids*
- Promotes digestive health with enzymes*



30 PACKS



Wellness

WOMEN'S ULTRA MEGA® WELLNESS

GNC Women's Ultra Mega® Wellness Vitapak® Program conveniently combines nutrients that support a woman's overall nutritional needs with focused ingredients to promote bone health, digestive support, cardiovascular health and mood.*

- **Women's Ultra Mega® without Iron and Iodine** – Our premium timed-release, clinically studied* formula includes vitamins and minerals to supplement key nutrients that may be missing in your daily diet. Women's Ultra Mega® contains 1,600 IU of vitamin D-3 for breast and bone health and immune support, as well as B-vitamins that are important for cardiovascular health and energy production.* It's enhanced with 500 mg of bone-strengthening calcium; a beauty blend; and features a broad spectrum of cell-protecting antioxidant nutrients that also support immune health.*
- **Super Digestive Enzymes** – Enhanced with n-zimes®, a proprietary blend of digestive enzymes, with proven bioactivity. n-zimes® are active in both acidic environments of the stomach and the alkaline environment of the small intestine. Lab tests show that n-zimes® work throughout the digestive tract, contributing to a more complete digestion of nutrients.* This superior formula helps promote protein, carbohydrate and fat digestion.*
- **Fish Oil** – Fish oil provides heart healthy omega-3s, essential long chain fatty acids that play a critical role in everyday body functions. Each daily serving provides 300 mg of omega-3 fatty acids. The omega-3 fatty acids found in fish oil are necessary for heart, joint, skin and eye health.* They help maintain healthy cholesterol levels and are necessary in the maintenance of normal blood pressure.*
- **Calcium 600** – Contains 400 IU of vitamin D-3 and 600 mg of calcium per serving. These important bone-strengthening components are essential for bone health and teeth.*
- **Balanced Mood Support** – Combines an exclusive blend of herbs, such as passion flower and rhodiola, with L-theanine. L-theanine, naturally found in green tea, has been used since ancient times for its calming and relaxing benefits.*

The Women's Ultra Mega® Wellness Vitapak® Program provides 1,100 mg of calcium and 2,000 IU of vitamin D-3.

*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.

*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.