CODE 330220

Directions: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Women's Ultra Mega® Bone Density without Iron and Iodine

Supplement Facts

Serving Size Four Pink Caplets

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)	2000 IU	500%
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 Niacin & 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)	1000 mg	100%
Magnesium (as Magnesium Oxide)	250 mg	63%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	200 mcg	286%
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%
MBP®	40 mg	*
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Green Tea Leaf Extract (*Camellia sinensis*)	10 mg	*
Cranberry Concentrate (*Vaccinium macrocarpon*)	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
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), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycerides, Sucralose.

CONTAINS: Fish and Milk.

KOG

Menopause Formula

Supplement Facts

Serving Size One Brown Filled Caplet

Amount Per Serving	
Black Cohosh Root Extract (*Cimicifuga racemosa*)	160 mg†
Soy Isoflavone Concentrate (40% Isoflavones – 40 mg)	100 mg†

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Maltodextrin.

CONTAINS: Soybeans and Wheat.

WARNING: Contains Black Cohosh which is not to be used while pregnant or nursing.

† Conforms to USP <2397> for weight. Meets USP <2040> disintegration.

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%
Total 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: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Rosemary Leaf Extract (*Rosmarinus officinalis*), Mixed Tocopherols, Vitamin E.

Potency verified by GNC procedure #5123. 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 and lead.

Evening Primrose Oil 1300

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
(as Evening Primrose Oil)(*Oenothera biennis*)	
Polyunsaturated Fat	1 g *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic and Stearic Acid).

Typical fatty acid profile per Capsule:

Linoleic Acid (*Omega-6*)	910 mg
gamma-Linolenic Acid (*Omega-6*)	100 mg
Other Fatty Acids	290 mg

Potency verified by GNC procedure #5123. Conforms to USP <2091> for weight.

SCAN & LEARN MORE

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

- Ultra Probiotic Complex 25
- SuperFoods Supreme
- Black Cohosh
- Progesterone Cream

MBP®

MBP® is registered in the U.S.A. by MEGMILK SNOW BRAND Co., Ltd. U.S. Patent No. 5,952,259.

Lutemax 2020™

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

U.S. Patent Nos. 6,642,212; 6,664,282; 6,323,018; 6,485,141; 5,965,291; 6,680,381 and 6,562,380.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

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

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.

No Artificial Colors, No Artificial Flavors, No Gluten, Yeast Free.

GNC QUALITY COMMITMENT

For more than 77 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

GNC

WOMEN'S ULTRA MEGA® Menopause

Dietary Supplement

VITAPAK® PROGRAM

- Clinically studied multivitamin^ with 2,000 IU vitamin D-3
- Enhanced formula to help manage hot flashes and night sweats*
- Supports heart and cholesterol health with omega-3s*
- Helps build and maintain bone density with 1,000 mg calcium*

30 PACKS

PHYSICIAN ENDORSED*

WOMEN'S ULTRA MEGA® MENOPAUSE

GNC Women's Ultra Mega® Menopause Vitapak® Program conveniently combines nutrients and special ingredients designed to support a woman's overall health as she experiences mid-life changes.

Women's Ultra Mega® Bone Density without Iron and Iodine

Our premium timed-release, clinically studied^ formula includes vitamins and minerals designed specifically to emphasize the key nutrients for bone health. Features 1,000 mg of calcium, 2,000 IU of vitamin D-3 and 40 mg of clinically studied MBP®, a protein complex derived from milk, shown to support natural bone building.* Enhanced with a broad spectrum of cell-protecting antioxidant nutrients and vitamin K, copper, zinc and manganese which are essential nutrients involved in the formation of the bone matrix.*

Menopause Formula

An advanced isoflavone formula that features standardized soy isoflavones. Natural soy isoflavones act as phytoestrogens and help manage hot flashes and night sweats associated with menopause.* This formula is enhanced with black cohosh, a popular herb studied in German clinical trials and frequently recommended for hot flashes.

Evening Primrose Oil

Supplies a natural source of the omega-6 fatty acid gamma-linolenic acid (GLA). GLA provides dietary support for cardiovascular system function, healthy blood lipid levels and healthy joint function.* It also helps to maintain smooth, healthy-looking skin and acts as a precursor to prostaglandins, hormone-like substances that help to regulate the body processes, including hormone balance.*

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 and eye health.* They help maintain healthy cholesterol levels and are necessary in the maintenance of normal blood pressure.*

• 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!

^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.