

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 Capsules		
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 Phytanediol)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacin & Nicotinamide)	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%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whiteners), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycolides, Sucralose.

CONTAINS: Fish and Milk.

Menopause Formula

Supplement Facts

Serving Size One Brown Filled Capsule		
Amount Per Serving	% Daily Value	
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%
Melphedenum (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™ Lubin	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	180 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Rosemary Leaf Extract (Rosmarinus officinalis), Vitamin E.

Polcey verified by GNC procedure #5123. Conforms to USP <2001> for weight. Meets USP <2040> disintegration.

This product is regularly tested using ADAC 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/Delta9a/6a/5a/6a/7a/8a/9a/10a/11a/12a/13a/14a/15a/16a/17a/18a/19a/20a/21a/22a/23a/24a/25a/26a/27a/28a/29a/30a/31a/32a/33a/34a/35a/36a/37a/38a/39a/40a/41a/42a/43a/44a/45a/46a/47a/48a/49a/50a/51a/52a/53a/54a/55a/56a/57a/58a/59a/60a/61a/62a/63a/64a/65a/66a/67a/68a/69a/70a/71a/72a/73a/74a/75a/76a/77a/78a/79a/80a/81a/82a/83a/84a/85a/86a/87a/88a/89a/90a/91a/92a/93a/94a/95a/96a/97a/98a/99a/100a/101a/102a/103a/104a/105a/106a/107a/108a/109a/110a/111a/112a/113a/114a/115a/116a/117a/118a/119a/120a/121a/122a/123a/124a/125a/126a/127a/128a/129a/130a/131a/132a/133a/134a/135a/136a/137a/138a/139a/140a/141a/142a/143a/144a/145a/146a/147a/148a/149a/150a/151a/152a/153a/154a/155a/156a/157a/158a/159a/160a/161a/162a/163a/164a/165a/166a/167a/168a/169a/170a/171a/172a/173a/174a/175a/176a/177a/178a/179a/180a/181a/182a/183a/184a/185a/186a/187a/188a/189a/190a/191a/192a/193a/194a/195a/196a/197a/198a/199a/200a/201a/202a/203a/204a/205a/206a/207a/208a/209a/210a/211a/212a/213a/214a/215a/216a/217a/218a/219a/220a/221a/222a/223a/224a/225a/226a/227a/228a/229a/230a/231a/232a/233a/234a/235a/236a/237a/238a/239a/240a/241a/242a/243a/244a/245a/246a/247a/248a/249a/250a/251a/252a/253a/254a/255a/256a/257a/258a/259a/260a/261a/262a/263a/264a/265a/266a/267a/268a/269a/270a/271a/272a/273a/274a/275a/276a/277a/278a/279a/280a/281a/282a/283a/284a/285a/286a/287a/288a/289a/290a/291a/292a/293a/294a/295a/296a/297a/298a/299a/300a/301a/302a/303a/304a/305a/306a/307a/308a/309a/310a/311a/312a/313a/314a/315a/316a/317a/318a/319a/320a/321a/322a/323a/324a/325a/326a/327a/328a/329a/330a/331a/332a/333a/334a/335a/336a/337a/338a/339a/340a/341a/342a/343a/344a/345a/346a/347a/348a/349a/350a/351a/352a/353a/354a/355a/356a/357a/358a/359a/360a/361a/362a/363a/364a/365a/366a/367a/368a/369a/370a/371a/372a/373a/374a/375a/376a/377a/378a/379a/380a/381a/382a/383a/384a/385a/386a/387a/388a/389a/390a/391a/392a/393a/394a/395a/396a/397a/398a/399a/400a/401a/402a/403a/404a/405a/406a/407a/408a/409a/410a/411a/412a/413a/414a/415a/416a/417a/418a/419a/420a/421a/422a/423a/424a/425a/426a/427a/428a/429a/430a/431a/432a/433a/434a/435a/436a/437a/438a/439a/440a/441a/442a/443a/444a/445a/446a/447a/448a/449a/450a/451a/452a/453a/454a/455a/456a/457a/458a/459a/460a/461a/462a/463a/464a/465a/466a/467a/468a/469a/470a/471a/472a/473a/474a/475a/476a/477a/478a/479a/480a/481a/482a/483a/484a/485a/486a/487a/488a/489a/490a/491a/492a/493a/494a/495a/496a/497a/498a/499a/500a/501a/502a/503a/504a/505a/506a/507a/508a/509a/510a/511a/512a/513a/514a/515a/516a/517a/518a/519a/520a/521a/522a/523a/524a/525a/526a/527a/528a/529a/530a/531a/532a/533a/534a/535a/536a/537a/538a/539a/540a/541a/542a/543a/544a/545a/546a/547a/548a/549a/550a/551a/552a/553a/554a/555a/556a/557a/558a/559a/560a/561a/562a/563a/564a/565a/566a/567a/568a/569a/570a/571a/572a/573a/574a/575a/576a/577a/578a/579a/580a/581a/582a/583a/584a/585a/586a/587a/588a/589a/590a/591a/592a/593a/594a/595a/596a/597a/598a/599a/600a/601a/602a/603a/604a/605a/606a/607a/608a/609a/610a/611a/612a/613a/614a/615a/616a/617a/618a/619a/620a/621a/622a/623a/624a/625a/626a/627a/628a/629a/630a/631a/632a/633a/634a/635a/636a/637a/638a/639a/640a/641a/642a/643a/644a/645a/646a/647a/648a/649a/650a/651a/652a/653a/654a/655a/656a/657a/658a/659a/660a/661a/662a/663a/664a/665a/666a/667a/668a/669a/670a/671a/672a/673a/674a/675a/676a/677a/678a/679a/680a/681a/682a/683a/684a/685a/686a/687a/688a/689a/690a/691a/692a/693a/694a/695a/696a/697a/698a/699a/700a/701a/702a/703a/704a/705a/706a/707a/708a/709a/710a/711a/712a/713a/714a/715a/716a/717a/718a/719a/720a/721a/722a/723a/724a/725a/726a/727a/728a/729a/730a/731a/732a/733a/734a/735a/736a/737a/738a/739a/740a/741a/742a/743a/744a/745a/746a/747a/748a/749a/750a/751a/752a/753a/754a/755a/756a/757a/758a/759a/760a/761a/762a/763a/764a/765a/766a/767a/768a/769a/770a/771a/772a/773a/774a/775a/776a/777a/778a/779a/780a/781a/782a/783a/784a/785a/786a/787a/788a/789a/790a/791a/792a/793a/794a/795a/796a/797a/798a/799a/800a/801a/802a/803a/804a/805a/806a/807a/808a/809a/810a/811a/812a/813a/814a/815a/816a/817a/818a/819a/820a/821a/822a/823a/824a/825a/826a/827a/828a/829a/830a/831a/832a/833a/834a/835a/836a/837a/838a/839a/840a/841a/842a/843a/844a/845a/846a/847a/848a/849a/850a/851a/852a/853a/854a/855a/856a/857a/858a/859a/860a/861a/862a/863a/864a/865a/866a/867a/868a/869a/870a/871a/872a/873a/874a/875a/876a/877a/878a/879a/880a/881a/882a/883a/884a/885a/886a/887a/888a/889a/890a/891a/892a/893a/894a/895a/896a/897a/898a/899a/900a/901a/902a/903a/904a/905a/906a/907a/908a/909a/910a/911a/912a/913a/914a/915a/916a/917a/918a/919a/920a/921a/922a/923a/924a/925a/926a/927a/928a/929a/930a/931a/932a/933a/934a/935a/936a/937a/938a/939a/940a/941a/942a/943a/944a/945a/946a/947a/948a/949a/950a/951a/952a/953a/954a/955a/956a/957a/958a/959a/960a/961a/962a/963a/964a/965a/966a/967a/968a/969a/970a/971a/972a/973a/974a/975a/976a/977a/978a/979a/980a/981a/982a/983a/984a/985a/986a/987a/988a/989a/990a/991a/992a/993a/994a/995a/996a/997a/998a/999a/1000a/1001a/1002a/1003a/1004a/1005a/1006a/1007a/1008a/1009a/1010a/1011a/1012a/1013a/1014a/1015a/1016a/1017a/10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