

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

Each pack contains:

Women's Ultra Mega[®] without Iron and Iodine

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A	5000 IU 100%
*50% as beta-Carotene, 50% as Retinyl Acetate	
Vitamin C	200 mg 333%
*as Ascorbic Acid & Calcium Ascorbate	
Vitamin D	1600 IU 400%
*as Cholecalciferol D-3	
Vitamin E	30 IU 100%
*as Natural d-alpha Tocopheryl Acetate	
Vitamin K	80 mcg 100%
*as Phytonadione	
Thiamin (Vitamin B-1)	50 mg 333%
*as Thiamine Mononitrate	
Riboflavin (Vitamin B-2)	50 mg 2941%
*as Riboflavin	
Niacin	50 mg 250%
*as Nicotinamide & Niacin	
Vitamin B-6	50 mg 2500%
*as Pyridoxine Hydrochloride	
Folic Acid	400 mcg 100%
*as Folic Acid	
Vitamin B-12	50 mcg 833%
*as Cyanocobalamin	
Biotin	300 mcg 100%
*as D-Biotin	
Pantothenic Acid	50 mg 500%
*as Calcium D-Pantothenate	
Calcium	500 mg 50%
*as Calcium Carbonate	
Magnesium	100 mg 25%
*as Magnesium Oxide	
Zinc	15 mg 100%
*as Zinc Oxide	
Selenium	200 mcg 286%
*as L-Selenomethionine	
Copper	2 mg 100%
*as Cupric Oxide	
Manganese	2 mg 100%
*as Manganese Sulfate	
Chromium	120 mcg 100%
*as Hydrolyzed Protein Chelate	
Molybdenum	75 mcg 100%
*as Sodium Molybdate	
SuperFoods Fruit & Vegetable Blend	105 mg
*Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaf 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	10 mg
*as Choline Bitartrate	
Inositol	10 mg
Silica	4 mg
*as Silicon Dioxide	
Boron	2 mg
*as Hydrolyzed Protein Chelate	
Lycopene	950 mcg
Lutemax 2020 [™] Lutein	950 mcg



Super Digestive Enzymes

Supplement Facts

Amount Per Serving	% Daily Value
n•zimes [®] Proprietary Blend	145 mg
*Amylase 3,500 DU, Protease 4.5 7,500 HUT, Lipase 125 FP, Glucoamylase 5.5 AMU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FCCPU, Protease 6.0 1,000 HUT, Papain 140,000 FCCPU, Cellulase 50 DU, Malt diastase 62.5 DP	
CereCalase [®] Proprietary Blend	5 mg
*Hemicellulase, beta-Glucanase, Phytase	

Other Ingredients: Dicalcium Phosphate, Cellulose, Gelatin.

CONTAINS: Milk, Soybeans and Wheat.

Potencies verified by GNC procedure #4000. Conforms to USP <2040> disintegration.



Fish Oil

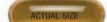
Supplement Facts

Amount Per Serving	% Daily Value
Omega-3 Fatty Acids (including DHA/EPA)	200 mg

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

Potency verified by GNC procedure #5123. Conforms to USP <2091> for weight. Meets USP <2940> 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, lead and PCBs.



Calcium 600

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin D	400 IU 100%
Calcium	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.



Balanced Mood Support

Supplement Facts

Amount Per Serving	% Daily Value
Iron	6 mg 33%
Passion Flower Herb	100 mg
Rhodiola rosea Root Extract	100 mg
Vitaberry Plus [™]	75 mg
L-Theanine	50 mg

Other Ingredients: Cellulose, Gelatin.



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

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

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.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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GNC QUALITY COMMITMENT

For more than 79 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.



WOMEN'S ULTRA MEGA[®] Wellness

Dietary Supplement

VITAPAK[®] PROGRAM

- Clinically studied[^] multivitamin
- Strengthens bones with 1,100 mg calcium and 2,000 IU vitamin D-3*
- Supports heart health with omega-3s*



30 PACKS



PHYSICIAN ENDORSED[®]

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, which are 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

Features an exclusive blend of herbs, such as passion flower, rhodiola and L-theanine. L-theanine is naturally found in green tea, and 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.

*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!

*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.