

be-BALANCED™

| Supplement Facts                                         |        |               |
|----------------------------------------------------------|--------|---------------|
| Serving Size Two White Capslets                          |        |               |
| Amount Per Serving                                       |        | % Daily Value |
| Vitamin D (as Cholecalciferol D-3)                       | 800 IU | 200%          |
| Calcium                                                  | 600 mg | 60%           |
| (as Calcium Carbonate, Calcium Citrate & Calcium Malate) |        |               |
| MBP*                                                     | 40 mg  | *             |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Mint Flavor, Vegetable Acetoglycerides, Sucralose.

**CONTAINS: Milk.**

Suitable for individuals following a low lactose diet.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

**MBP:** MBP® is registered in the U.S.A. by Snow Brand Milk Products Co., Ltd. U.S. Patent No. 5,932,259.

be-BEAUTIFUL™

| Supplement Facts                           |          |               |
|--------------------------------------------|----------|---------------|
| Serving Size One Peach Caplet              |          |               |
| Amount Per Serving                         |          | % Daily Value |
| Biotin                                     | 3000 mcg | 1000%         |
| L-Cysteine                                 | 200 mg   | *             |
| MSM (Methylsulfonyl-methane)               | 100 mg   | *             |
| Hydrolyzed Gelatin                         | 100 mg   | *             |
| L-Methionine                               | 50 mg    | *             |
| alpha-Lipoic Acid                          | 10 mg    | *             |
| DMAE (Dimethylaminoethanol)                | 10 mg    | *             |
| Green Tea Leaf Extract (Camellia sinensis) | 10 mg    | *             |
| Horsetail Rush Stems (Equisetum arvense)   | 3 mg     | *             |
| Boron (as Boron Citrate)                   | 1 mg     | *             |
| Pantethine                                 | 1500 mcg | *             |
| Lutein (as Lutein Esters)                  | 500 mcg  | *             |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Mint Flavor, Sucralose, Annatto Color, Carmine Color.

**CONTAINS: Soybeans.**

Potency of biotin verified by GNC procedure #5028. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

be-PROTECTED™

| Supplement Facts                           |        |               |
|--------------------------------------------|--------|---------------|
| Serving Size Two Lavender Softgel Capsules |        |               |
| Amount Per Serving                         |        | % Daily Value |
| Calories                                   | 15     |               |
| Calories from Fat                          | 15     |               |
| Total Fat                                  | 1.5 g  | 2% †          |
| EPA (Eicosapentaenoic Acid)(Omega-3)       | 647 mg | *             |
| DHA (Docosahexaenoic Acid)(Omega-3)        | 253 mg | *             |

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

\* Daily Value not established.

**Other Ingredients:** Fish Body Oil, Gelatin, Glycerin, Carmine Color, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Natural Lemon Flavor, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Sucralose, Vitamin E.

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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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

**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.

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

For more information: 1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by: General Nutrition Corporation Pittsburgh PA 15222

be-WHOLE SOME™  
HEALTH & BEAUTY VITAPAK®

Not sure which vitamins to take? Think no more...

We all want a life that's simple, complete and fulfilling. Now, GNC has a nutritional program that's just that. **be-WHOLE SOME** conveniently provides you with the nutrients needed to keep you looking and feeling great - from complete multivitamin support to bone health, beauty nutrients and more - **be-WHOLE SOME** has got it.

**be-WHOLE™** multivitamin & mineral: is specially designed to help you look and feel better.\* One daily dose provides you with the vitamins and minerals you need to promote energy production so you can keep up with your busy schedule; antioxidants to protect your body against free radicals; and nutrients that support your natural immune system and overall health.\* Plus, it's iron-free, so it's gentler on the stomach.

**be-BEAUTIFUL™** hair, skin & nail formula: delivers a unique blend of ingredients to help you feel as beautiful as you truly are! This formula is specially designed with essential ingredients, like biotin, amino acids and antioxidants, known for hair, skin and nail health.\*

**be-FLEXIBLE™** mobility & stretch formula: when you're working out, support for stiff joints is a must. This fast-acting mobility formula features a clinically-studied blend of herbs shown to support joint flexibility and mobility and promote the body's natural ability to maintain joint structure and function.\*

**be-PROTECTED™** triple strength fish oil: this omega-3 formula provides the essential fatty acids from fish oil to protect everything from your head to your toes. Omega-3s support brain, joint, eye and skin health.\* Not only that, essential fatty acids support your heart by promoting healthy cholesterol, blood pressure and triglyceride levels.\*

**be-BALANCED™** bone strengthening formula: this multi-tasking bone health formula combines bone building calcium with vitamin D-3 to enhance its absorption.\* Plus, this formula features clinically-proven MBP®, an active protein complex derived from milk, to support the body's natural ability to build and maintain healthy bones.\* Whether you're 25 or 55, strong bones are the foundation of a healthy and balanced body.

Now with the help of **be-WHOLE SOME**, it's simple for you to achieve your daily nutritional goals. Carry your daily pak in your purse, gym bag or pocket!

**be-WHOLE, be-BEAUTIFUL, be-FLEXIBLE, be-PROTECTED, be-BALANCED... be-WHOLE SOME!**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.



be-WHOLE SOME™  
HEALTH & BEAUTY VITAPAK®  
dietary supplement  
for women

Daily Pak Includes:

- be-WHOLE™ - Multivitamin & mineral
- be-BEAUTIFUL™ - Hair, skin & nail formula
- be-FLEXIBLE™ - Mobility & stretch formula
- be-PROTECTED™ - Triple strength fish oil
- be-BALANCED™ - Bone strengthening formula

30 Convenient Paks



be-WHOLE

be-BEAUTIFUL

be-FLEXIBLE

be-PROTECTED

be-BALANCED

CODE 669411

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

be-WHOLE™

| Supplement Facts                               |               |                                       |                                |
|------------------------------------------------|---------------|---------------------------------------|--------------------------------|
| Serving Size Two Beige Capslets                |               |                                       |                                |
| Amount Per Serving                             | % Daily Value | Amount Per Serving                    | % Daily Value                  |
| Vitamin A                                      | 5000 IU 100%  | Magnesium (as Magnesium Oxide)        | 250 mg 63%                     |
| (50% as beta-Carotene; 50% as Retinyl Acetate) |               | Zinc (as Zinc Oxide)                  | 15 mg 100%                     |
| Vitamin C                                      | 200 mg 333%   | Selenium (as L-Selenomethionine)      | 200 mcg 296%                   |
| (as Ascorbic Acid & Calcium Ascorbate)         |               | Copper (as Cupric Oxide)              | 2 mg 100%                      |
| Vitamin D (as Cholecalciferol D-3)             | 800 IU 150%   | Manganese (as Manganese Sulfate)      | 2 mg 100%                      |
| (as Natural d-alpha Tocopheryl Acetate)        | 30 IU 100%    | Chromium                              | 120 mcg 100%                   |
| Vitamin K (as Phytonadione)                    | 80 mcg 100%   | Molybdenum (as Sodium Molybdate)      | 75 mcg 100%                    |
| Thiamin (Vitamin B-1)                          | 80 mg 5333%   | alpha-Lipoic Acid                     | 50 mg *                        |
| Riboflavin (Vitamin B-2)                       | 80 mg 4768%   | Choline (as Choline Bitartrate)       | 10 mg *                        |
| Niacin (as Nicotinamide & Niacin)              | 50 mg 250%    | Inositol                              | 10 mg *                        |
| Vitamin B-6                                    | 80 mg 4000%   | Silica                                | 4 mg *                         |
| (as Pyridoxine Hydrochloride)                  |               | Boron (as Hydrolyzed Protein Chelate) | 2 mg *                         |
| Folic Acid                                     | 600 mcg 150%  | Lycopene                              | 950 mcg *                      |
| Vitamin B-12 (as Cyanocobalamin)               | 80 mcg 1333%  | Lutein (as Lutein Esters)             | 950 mcg *                      |
| Biotin                                         | 600 mcg 200%  | Zeaxanthin                            | 50 mcg *                       |
| Panthenic Acid                                 | 80 mg 800%    | Astaxanthin (Haematococcus pluvialis) | 50 mcg *                       |
| (as Calcium D-Pantothenate)                    |               | Vanadium (as Sodium Metavanadate)     | 10 mcg *                       |
| Calcium                                        | 500 mg 50%    |                                       |                                |
| (as Calcium Carbonate)                         |               |                                       | * Daily Value not established. |

**Other Ingredients:** Cellulose, Mica, Caramel Color, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

**CONTAINS: Fish and Soybeans.**

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Disintegrates over six hours for timed-release benefit.

be-FLEXIBLE™

| Supplement Facts                                                                                         |        |   |
|----------------------------------------------------------------------------------------------------------|--------|---|
| Serving Size One Green Caplet                                                                            |        |   |
| Amount Per Serving                                                                                       |        |   |
| Fast-Acting Proprietary Blend                                                                            | 250 mg | * |
| Cutch Tree Wood & Bark Extract (Acacia catechu), Chinese Skullcap Root Extract (Scutellaria baicalensis) |        |   |
| MSM (Methylsulfonyl-methane)                                                                             | 250 mg | * |
| Hyaluronic Acid (HA)(as Sodium Hyaluronate)                                                              | 5 mg   | * |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Mica, Titanium Dioxide (Natural Mineral Whitener), Natural Mint Flavor, Vegetable Acetoglycerides, Sucralose, Chlorophyll.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.