

CODE 329511

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

Serving Size Two Light Green 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)	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 Niacinamide & 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 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%
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 (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lycopene	950 mcg *

Amount Per Serving

% Daily Value

Lutemax 2020™ Lutein

950 mcg

Zeaxanthin

190 mcg

Astaxanthin

50 mcg

Vanadium (as Sodium Metavanadate)

10 mcg

* Daily Value not established.

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

CONTAINS: Fish and Soybeans.

Conforms to USP <2091> for weight.

ACTUAL SIZE

TriFlex™

Supplement Facts

Serving Size Three White Caplets

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	30 mg 50%
Sodium	130 mg 5%†
Glucosamine Hydrochloride	1500 mg *
Chondroitin Sulfate, Sodium	1200 mg *
MSM (Methylsulfonyl-methane)	900 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	5 mg *
† Percent Daily Value based on a 2,000 calorie diet	
* Daily Value not established.	
Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.	
CONTAINS: Crustaceans (Shrimp).	
Conforms to USP <2091> for weight.	
Meets USP <2040> disintegration.	
ACTUAL SIZE	

GLG

Triple Strength Fish Oil

Supplement Facts		
Serving Size One Yellow Softgel Capsule		
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, Vitamin E, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency verified by GNC procedure #5123.
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.

ACTUAL SIZE

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!

2X MORE D-3†



WOMEN'S ULTRA MEGA® Joint

Dietary Supplement

VITAPAK® PROGRAM FOR HEALTHY JOINTS

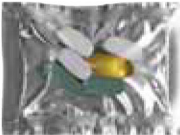
Clinically studied multivitamin^ with 1,600 IU of vitamin D-3

Promotes joint comfort and flexibility with Triflex™*

Supports natural anti-inflammatory response with

high potency omega-3s*

Strengthens bones with 500 mg of calcium



30 PACKS



Lutemax 2020™ is a trademark of OmniActive Health Technologies.

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.

†Compared to leading brands.

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

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

NEW & IMPROVED



CLINICALLY STUDIED^

WOMEN'S ULTRA MEGA® JOINT

GNC Women's Ultra Mega® Joint Vitapak® Program conveniently combines nutrients that support a woman's overall nutritional needs with focused ingredients to promote joint comfort.*

• **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 hair, skin and nails blend; and features a broad spectrum of cell-protecting antioxidant nutrients that also support immune health.*

• **TriFlex™** – This premium formula combines the full potency, clinically-tested amounts of glucosamine (1500 mg) and chondroitin (1200 mg) plus MSM to support joint comfort and flexibility and hyaluronic acid to help cushion the joints.* Glucosamine and chondroitin help preserve joint function and rebuild cartilage.* MSM is a naturally occurring compound that provides an important component for joint cartilage.*

• **Triple Strength Fish Oil** – A natural source of omega-3 fatty acids EPA and DHA. This high-potency softgel features a total of 900 mg of omega-3 fatty acids, 647 mg of EPA, and 253 mg DHA and is enteric coated to help control fishy burps. Fish oil supports the body's natural anti-inflammatory response and promotes joint health.* Daily supplementation of fish oil also provides numerous heart-health benefits.* It helps maintain healthy cholesterol levels and are necessary in the maintenance of normal blood pressure.* GNC Triple Strength Fish Oil has been manufactured for freshness and purified to remove contaminants like lead, arsenic and mercury, and PCBs. We use only the best quality ingredients derived from wild, deep ocean fish.

^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.