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

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KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place, For More Information:



SHOP NOW @ GNC.COM

1-888-462-2548

Distributed by: **General Nutrition Corporation** Pittsburgh, PA 15222



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!

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®** Active



More antioxidant power than ever and over 30 clinically studied ingredients in every formula all in smaller, easier-to-swallow pills.

Women's Health

Contains a clinically studied women's multivitamin formula shown to work better than a basic multivitamin. Helps support bone health.*

Energy Production

Shown to improve levels of key B vitamins[^] essential for energy production.*

Recovery

Packed with ingredients to help fight free radicals that can be produced from your workout *

Antioxidants

Includes antioxidants for cell protection and stress defense.*

'In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to 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.





WOMEN'S ULTRA MEGA® Active

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN'

- Energy Production
- Recovery
- Antioxidants





CODE 202022 Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Servings Per Container 90 Amount Per Serving

	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 & Calcium Ascorbate)	500 mg	50%
Iron (as Ferrous Fumarate)	18 mg	100%
lodine (as Potassium lodide)	150 mca	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	25 ma	167%
Selenium (as L-Selenomethionine)	200 mcg	286%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Chloride)	120 mca	100%
Molybdenum (as Sodium Molybdate)	75 mca	100%
Super Antioxidant Blend alpha-Lipoic Acid	25 mg	,
	25 mg 2 mg	,
alpha-Lipoic Acid Lutemax® 2020 Lutein Lycopene	2 mg 1 mg	*
alpha-Lipoic Acid Lutemas* 2020 Lutein Lycopene Turneric Root Extract (CurcuWiN*)(Curcuma longal(Standardized to Curcuminoids)	2 mg 1 mg 500 mcg	*
alpha-Lipic Aold Lutemax® 2020 Lutein Lycopene Turmenc Root Extract (CurcuVMN*)(Curcuma longal(Standardized to Curcuminoids) Zeacanthin (as Zeacanthin Isomers)	2 mg 1 mg 500 mcg 400 mcg	*
alpha-Lipoic Acid Lutemax* 2020 Lutein Lycopene Turmeric Root Extract (CurciviNN**)/Curcuma longal(Standardized to Curcuminoids) Zeaxanthin (see Zeaxanthin Isomers) Astaxanthin (from Haematococcus pluvialis)	2 mg 1 mg 500 mcg	*
alpha-Lipoic Acid Lutemax* 2020 Lutein Lycopene Turmeric Root Extract (CurcuWIN**)(Curcuma longal)Standardized to Curcuminoids) Zeaxanthini las Zeaxanthini Isomers) Astaxanthin (from Halematococcus pluvialis) beta-Cryptocanthini	2 mg 1 mg 500 mcg 400 mcg	***************************************
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alpha-Lipic Acid Lutemax® 2020 Lutein Lycopene Turmeric Root Extract (CurcuVIII)**(Curcuma longal(Standardized to Curcuminoids) Zeauanthin (as Zeauanthin Isomers) Astaxanthin (from Haematococcus pluvialis) beta-Cryptoxanthin Performance Energy & Metabolism Blend	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg	**************************************
alpha-Lipoic Acid Lutemax* 2020 Lutein Lycopene Turmeric Root Extract (Curcu/WN*")(Curcuma longal(Standardized to Curcuminoids) Zexxanthin (as Zexxanthin Isomers) Astaxanthin (from Haematococcus pluvialis) beta-Cyploxanthin Performance Energy & Metabolism Blend Green Tea Leaf Extract (Camellia simensis)(Standardized to EGCG)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg	***************************************
alpha-Lipic Aod Lutemax® 2020 Lutein Lycopene Turmeric Root Extract (CurcuWIN® (Curcums longsi)Standardized to Curcuminoids) Zeasanthin lass Zeasanthin Isomers) Astaxanthin (from Haematacoccus pluvialis) bets-Cryptoxanthin Performance Energy & Metabolism Blend Green Tea Leaf Extract (Curmillas signessis)Standardized to EGCG) Choline (as Choline Bittratte)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg	***************************************
alpha-Lipois Acid Lutenux* 2020 Lutein Lycopene Turmeric Root Edract (Curcu/NIN*)(Curcuma longal(Standardized to Curcuminoids) Zeasanthin (as Zeasanthin Isomers) Astaxanthin (from Meemabooccus plavialis) beta-Cryptosanthin Ferformance Energy & Metabolism Blend Green Tea Lead Extract (Curmellis sinensis)(Standardized to EGCG) Choline (as Choline Bitartrate) Betaine (Trinerthylglycine)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg	
alpha-Lipic Acid Lutemax** 2020 Lutein Lycopene Turmenc Root Extract (CurcuWN***)(Curcums longsi)(Standardized to Curcuminoids) Zeacanthin jas Zeacanthin Isomers) Astaxanthin (from Atemateocous pluvialis) beta-Cryptosanthin (from Atemateocous pluvialis) beta-Cryptosanthin (from Atemateocous pluvialis) Petrformance Energy & Metabolism Blend Green Tea Leaf Extract (Camellia sinensis)(Standardized to EGCG) Choline (as Choline Bitartrate) Betaine (Timethylglycine) Inosistol	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg 10 mg	***************************************
aghas-Lipió Acid Lutenax® 2020 Lutein Lycopene Turmeric Root Extract (CurcuWIN*) (Curcuma longal(Standardized to Curcuminoids) Zeasanthin las Zeasanthin Isomers) Astaxanthin at Zeasanthin Isomers) Astaxanthin (from Haematococcus pitvitalis) beta-Cryptoxanthin Performance Energy & Metabolism Blend Green Tea Leaf Extract (Camellas sinenssis) Standardized to EGCG) Choline (as Choline Blattratte) Betaine (Trimethyfglycine) Inositol Betaine (Trimethyfglycine)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg 10 mg 10 mg 2 mg	
alpha-Lipois Acid Luternax** 2020 Lutein Lycopene Turmeric Root Edract (Curcul/MIN**)(Curcurna longal)Standardized to Curcuminoids) Zeasanthin (eas Zeasanthin Isomers) Astaxanthin (from Alematococcus pluvialis) beta-Orphosanthin Performance Energy & Metabolism Blend Green Tea Leaf Extract (Camellia sinensist)Standardized to EGCG) Choline (as Choline Biltertrate) Insistia Beron (as Sodium Borate) Grape Seed Extract (Wile vinilera(Standardized to Polyphenois)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg 10 mg 10 mg 10 mg 10 mg 11 mg 12 mg 11 mg	***************************************
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alpha-Lipois Acid Lutenax" 2020 Lutein Lycopene Turmeric Root Edract (Curcu/NIN") (Curcuma longal/Standardized to Curcuminoids) Zeacanthin las Zeacanthin Isomers) Astaxanthin at Zeacanthin Isomers) Astaxanthin (from Haemabococcus pluvialis) beta-Oryptocanthin Performance Energy & Metabolism Blend Green Tas Leaf Edract (Curtuellis sinensis)/Standardized to EGCS) Choline (as Choline Blattrate) Betaine (Timethyllyc)ren) Iniostiol Betaine (Timethyllyc)ren) Iniostiol Grape Seed Edract (Vills viinleral/Standardized to Polyphenois) Variadium (as Sodium Metavariastes)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 30 mg 10 mg 10 mg 10 mg 10 mg 1 mg 1 mg	
alpha-Lipió Acid Luternazº 2020 Lutein Lycopene Turmenc Root Extract (CurcuWIN")(Curcuma fongal/Standardized to Curcuminoids) Zeacanthin as Zeacanthin Isomens) Astaxanthin (tron Haemateococcus pluvialis) best-Cryptonathin Performance Energy & Metabolism Blend Green Tea Leaf Extract (Camellas sinensis/Standardized to EGCG) Choline (as Choline Bistranteis) Betaine (Timethylglycine) Inositol Boron (as Sodium Borate) Grape Seed Extract (tills sinifera/Standardized to Polyphenois) Vanadumi (as Sodium Metavamadate) John & Skin Support Blend MSM (Methysikod)—methane)	2 mg 1 mg 500 mcg 400 mcg 50 mcg 10 mcg 10 mg 10 mg 10 mg 10 mg 10 mg 10 mg 11 mg 11 mg 12 mg 11 mg 12 mg 13 mg 14 mg 15 mg 16 mg 17 mg 18 mg	

Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Chlorophyll, Stevia Leaf Extract. 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.

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

Conforms to USP <2091> for weight.