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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



PHYSICIAN
ENDORSED*

• 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!

*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.

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

WOMEN'S
ULTRA MEGA®
without Iron
& Iodine



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 to support bone health.*

✔ **Antioxidants**
Packed with antioxidants for cell protection and stress defense.*

✔ **Immune Support**
Supports immune health with 30% more absorption of key immune and stress defense nutrients.^

✔ **Beauty**
Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration for skin elasticity.*

* 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.

GNC

WOMEN'S
ULTRA MEGA®
without Iron
& Iodine

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*

- Antioxidants
- Immune Support
- Beauty



PHYSICIAN
ENDORSED*

Timed-Release
90 CAPLETS

NEW!
SMALLER
PILLS



CODE T2782
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 45

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% 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 mcg	100%
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%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
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 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%

Super Antioxidant Blend		
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (CurcuWIN™)(Curcuma longa)(Std. to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*

Fruit & Vegetable Blend		
Orange Peel Powder, Spinach Leaf Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder	15 mg	*

Beauty Blend		
Green Tea Leaf Extract (Camellia sinensis)(Standardized to Polyphenols)	14 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg	*

Brain Health Blend		
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Boron (as Sodium Borate)	2 mg	*
GABA (gamma-Aminobutyric Acid)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Chlorophyll, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

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. Conforms to USP <2091> for weight.