

Supplement Facts

Serving Size Two Caplets Servings Per Container 90	
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 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%
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)(Standardized to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematococcus pluvialis)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Fruit & Vegetable Blend 15 mg	
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit 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	
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.

NEW!
SMALLER
PILLS

GNC

WOMEN'S ULTRA MEGA® without Iron & Iodine

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants
- Immune Support
- Beauty

 **PHYSICIAN
ENDORSED^**

**Timed-Release
180 CAPLETS**

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 and elasticity.*

^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.



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:
1-888-462-2548**

SHOP NOW @ GNC.COM

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



**GLUTEN
FREE**

* 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.



**PHYSICIAN
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♦ 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.