



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

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

WOMEN'S ULTRA MEGA[®] Active

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN[†]

- Energy Production
- Recovery
- Antioxidants



Timed-Release
28 CAPLETS



CODE 202015

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

AQG

Supplement Facts

Serving Size Two Caplets
Servings Per Container 14

Amount Per Serving	% Daily Value
Vitamin A.....	5000 IU..... 100%
(50% as beta-Carotene & 50% Retinyl Acetate)	
Vitamin C.....	200 mg..... 333%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D (as Cholecalciferol D-3).....	1600 IU..... 400%
Vitamin E.....	30 IU..... 100%
(as Natural d-alpha Tocopheryl Acetate)	
Vitamin K (as Phytanadione).....	80 mcg..... 100%
Thiamin.....	50 mg..... 3333%
(Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	50 mg..... 2941%
Niacin (as Nicotinamide & 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.....	50 mg..... 500%
(as Calcium d-Pantothenate)	
Calcium.....	500 mg..... 50%
(as Calcium Carbonate & Calcium Ascorbate)	
Iron (as Ferrous Fumarate).....	18 mg..... 100%
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	100 mg..... 25%
Zinc (as Zinc Oxide).....	25 mg..... 167%
Selenium (as L-Selenomethionine).....	200 mcg..... 286%
Copper (as Copper Sulfate).....	2 mg..... 100%

Amount Per Serving	% Daily Value
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 (Curcumin [™]).....	500 mcg.....
(Curcuma longa)(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg.....
Astaxanthin.....	50 mcg.....
(from Haematococcus pluvialis)	
beta-Cryptoxanthin.....	10 mcg.....
Performance Energy & Metabolism Blend	
Green Tea Leaf Extract.....	30 mg.....
(Camellia sinensis)(Standardized to EGCG)	
Choline (as Choline Bitartrate).....	10 mg.....
Betaine (Trimethylglycine).....	10 mg.....
Inositol.....	10 mg.....
Boron (as Sodium Borate).....	2 mg.....
Grape Seed Extract.....	1 mg.....
(Vitis vinifera)(Standardized to Polyphenols)	
Vanadium (as Sodium Metavanadate).....	10 mcg.....
Joint & Skin Support Blend	
MSM (Methylsulfonyl-methane).....	12 mg.....
Silica (as Silicon Dioxide).....	4 mg.....
Hyaluronic Acid (as Sodium Hyaluronate).....	2 mg.....

* 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.

Lot No./Best By:

