

No Artificial Colors, No Artificial Flavors, No Artificial Sweeteners, No Wheat, Gluten Free, No Soy, No Dairy.  
Conforms to USP <2091> for weight.



Lutemax 2020™  
LUTEN &  
ZEAXANTHIN

Lutemax 2020™ is a trademark of  
OmniActive Health Technologies.



Spectra™  
TOTAL ORAC

The Spectra™ Total ORAC mark and logo  
are trademarks of VDF FutureCeuticals,  
Inc. used under license.

ACTUAL SIZE

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

**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.

 Please recycle this box.



# ULTRA MEGA® GREEN

## Whole Food Enhanced Multivitamin

Made with cultured vitamins and minerals, clinically studied ingredients and fruits and vegetables. Get the nutritional support you and your baby need before, during and after pregnancy.

-  **FETAL DEVELOPMENT**  
Has folic acid, which may reduce the risk of brain and spinal cord birth defects when taken before and during pregnancy. Also includes essential nutrients for healthy fetal brain development.\*
-  **BONE**  
Includes calcium to strengthen bones and support healthy fetal development. Also has Vitamin D and magnesium for bone health.\*
-  **IRON**  
Contains iron to support placental and fetal needs and a mother's increased blood volume during pregnancy.\*
-  **ANTIOXIDANTS**  
Features a clinically studied fruit and vegetable blend with antioxidants for cell protection.\*

\* 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.



NEW!



Gf  
GLUTEN  
FREE



NON  
GMO



V  
VEGETARIAN

GNC  
SUPERFOODS

# ULTRA MEGA® GREEN Prenatal

DIETARY SUPPLEMENT

WHOLE FOOD ENHANCED  
MULTIVITAMIN FOR MOM  
AND BABY

- Fetal Development • Bone
- Iron • Antioxidants



90 CAPLETS

CODE 203611  
DIRECTIONS: As a dietary supplement, take three caplets daily with food.

## Supplement Facts

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | % Daily Value*      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Serving Size Three Caplets<br>Servings Per Container 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                     |
| Vitamin A.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 5000 IU.....63%     |
| Vitamin C.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 mg.....200%     |
| Vitamin D.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 600 IU.....150%     |
| Vitamin E.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30 IU.....100%      |
| Thiamin (Vitamin B-1).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1.5 mg.....88%      |
| Riboflavin (Vitamin B-2).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1.7 mg.....85%      |
| Niacin.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 20 mg.....100%      |
| Vitamin B-6.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15 mg.....600%      |
| Folic Acid.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 800 mcg.....100%    |
| Vitamin B-12.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 10 mcg.....125%     |
| Biotin.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 300 mcg.....100%    |
| Pantothenic Acid.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 10 mg.....100%      |
| Calcium.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 600 mg.....46%      |
| Iron.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 18 mg.....100%      |
| Iodine.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 290 mcg.....193%    |
| Magnesium.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 200 mg.....44%      |
| Zinc.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 11 mg.....73%       |
| Copper.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1 mg.....50%        |
| Vitamin K.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 90 mcg.....*        |
| Selenium.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 60 mcg.....*        |
| Manganese.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 mg.....*          |
| Chromium.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 50 mcg.....*        |
| Molybdenum.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 50 mcg.....*        |
| <b>Fruit &amp; Vegetable Antioxidant Blend.....</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>100 mg.....*</b> |
| Spectra™ Total ORAC Blend of: Green Coffee Extract, Broccoli Sprout Powder, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Extract, Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf Powder, Oregano Leaf Powder, Cinnamon Bark Powder, Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit Powder, Black Currant Fruit Extract, Blueberry Fruit Extract, Sweet Cherry Fruit Powder, Blackberry Fruit Powder, Chokeberry Fruit Powder, Raspberry Fruit Powder, Spinach Leaf Powder, Kale Leaf Powder, Bilberry Fruit Extract, Brussels Sprout Powder |                     |
| Lutemax 2020™ Lutein.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 2 mg.....*          |
| Lycopene (from Tomato).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1 mg.....*          |
| Choline (as Choline Bitartrate).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 550 mcg.....*       |
| Zeaxanthin (as Zeaxanthin Isomers).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 400 mcg.....*       |
| Boron (as HPC).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 150 mcg.....*       |

\* Daily Value for pregnant or lactating women.  
\* Daily Value not established.

**Other Ingredients:** Calcium Carbonate, Cellulose, Magnesium Oxide, Niacinamide†, Ferrous Sulfate HPC†, Ascorbic Acid†, Zinc Oxide†, Calcium Ascorbate, d-Calcium Pantothenate†, d-alpha Tocopherol, Stearic Acid Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Silicon Dioxide, Copper Sulfate†, Manganese Sulfate†, Magnesium Stearate Vegetable Source, Dicalcium Phosphate, beta-Carotene, Riboflavin†, Pyridoxine Hydrochloride, Pyridoxine Hydrochloride†, Magnesium HPC†, Vegetable Acetoglycerides, Vitamin A Palmitate†, Thiamine Hydrochloride†, Potassium Iodide, Phytonadione†, Folic Acid, Folic Acid†, Ergocalciferol, Phytonadione, Biotin†, Sodium Selenate†, Chromium Chloride†, Zinc Oxide†, Boron, Boron HPC†, Sodium Molybdate†, Chlorophyll, Cyanocobalamin†, Molybdenum HPC†, Methylcobalamin.

†Contains Cultured Sources of Vitamins and Minerals (Cultured on Rice Protein, Yeast, Molasses, Papain, Bromelain, Gum Arabic, and Maltodextrin)  
†HPC (Hydrolyzed Protein Chelate)

**WARNING:** Consult your physician prior to using this product. 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.