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



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#### **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 without Iron



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<sup>^</sup> 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 without Iron

Dietary Supplement

#### **CLINICALLY STUDIED MULTIVITAMIN**

- Energy Production
- Recovery
- Antioxidants



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

# **Supplement Facts**

% Daily Value

5000 IU

200 ma

1600 IU

ı	Amount Per Serving
l	Servings Per Containe
П	Serving Size Two Cap

Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)

Vitamin C (as Ascorbic Acid & Calcium Ascorbate)

Vitamin D (as Cholecalciferol D-3

Thlamin (Vitamin B-1)(as Thiamin Mononitrate) Ribboflavin (Vitamin B-2) Niacin (as Niacinamide & Niacin) Vitamin B-6 (as Pyridoxine Hydrochloride) Folic Acid Vitamin B-12 (as Cyanocobalamin) Bilotin Partothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) Idodine (as Potassium Iodide) Magnesium (as Magnesium Oodde) Zinc (as Zinc Oxide) Setenium (as Lesenomethionine) Copper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate)	30 IU 80 mcg 50 mg 50 mcg 50 mcg 50 mg 100 mcg 20 mcg 22 mg 2	1009 1009 333339 29419 25009 1009 8339 1009 5009 5009 1009 259 269 269 2869
Vitamin K (as Phytonadione) Thiamin (Vitamin B-1)(as Thiamin Mononitrate) Riboflavin (Vitamin B-2) Niacin (as Niacinamide & Niacin) Vitamin B-6 (as Pyridoxine Hydrochloride) Folic Acid Vitamin B-12 (as Cyanocobalamin) Biotin Pantothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) Idoine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Zinc (as Zinc Dxide) Selenium (as L-Selenomethionine) Copper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chioride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend alpha-Lipoic Acid	50 mg 50 mg 50 mg 50 mg 50 mg 400 mcg 50 meg 300 mcg 50 mg 500 mg 150 mg 25 mg 22 mg 20 mcg 2 mg	33339 29419 2509 25009 1009 8339 1009 5009 509 1009 259
Riboflavin (Vitamin B-2)  Niacin (as Niacinamide & Niacin)  Vitamin B-6 (as Nyidoxine Hydrochloride)  Folic Acid  Vitamin B-12 (as Cyanocobalamin)  Biotin  Pantothenic Acid (as Calcium d-Pantothenate)  Calcium (as Calcium Carbonate & Calcium Ascorbate)  Iodine (as Potassium Iodide)  Magnesium (as Magnesium Oxide)  Zinc (as Zinc Oxide)  Selenium (as L-Selenomethionine)  Copper (as Copper Sulfate)  Wanganese (as Manganese Sulfate)  Chromium (as Chromium Chloride)  Manganese (as Manganese Sulfate)  Chromium (as Chromium Chloride)  Molydearum (as Sodium Molydate)  Super Antioxidant Blend	50 mg 50 mg 50 mg 50 mg 400 meg 50 meg 300 meg 50 mg 500 mg 500 mg 150 meg 25 mg 200 meg 2 mg 2 mg	29419 2509 25009 1009 8339 1009 5009 5009 1009 259
Niacin (as Niacinamide & Niacin) Vitamin B-6 (as Pyridoxine Hydrochloride) Folic Acid Vitamin B-12 (as Cyanocobalamin) Bilotin Bantothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) Oodine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Copper (as Copper Sulfate) Manganes (as Manganese Sulfate) Chromienes (as Manganese Sulfate) Molybdenum (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	50 mg 50 mg 400 mcg 50 mcg 300 mcg 50 mg 50 mg 100 mg 50 mg 25 mg 200 mcg 2 mg 2 mg 2 mg	2509 25009 1009 8339 1009 5009 509 1009 259 1679
Vitamin B-6 (as Pyridoxine Hydrochloride) Felic Acid Vitamin B-12 (as Cyanocobalamin) Slotin Partothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) Odine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Vinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Oopper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molybdenum (as Columnium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	50 mg 400 mcg 50 mcg 300 mcg 50 mg 500 mg 150 mcg 100 mg 25 mg 20 mcg 2 mg 2 mg 2 mg	25009 1009 8339 1009 5009 509 1009 259 1679
Folic Acid  ritamin B-12 (as Cyanocobalamin)  Slotin  Pantothenic Acid (as Calcium d-Pantothenate)  Zalcium (as Calcium Carbonate & Calcium Ascorbate)  doline (as Potassium lodide)  Magnesium (as Magnesium Oxide)  Zinc (as Zinc Oxide)  Selenium (as L-Selenomethionine)  Copper (as Copper Sulfate)  Manganese (as Manganese Sulfate)  Chromium (as Chromium Chloride)  Molyddenum (as Sodium Molybdate)  Super Antioxidant Blend	400 mcg 50 mcg 300 mcg 50 mg 50 mg 150 mcg 150 mcg 125 mg 225 mg 200 mcg 2 mg 2 mg	1009 8339 1009 5009 509 1009 259 1679
Vitamin B-12 (as Cyanocobalamin) Silotin Arantothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) Odine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Copper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	50 mcg 300 mcg 50 mg 500 mg 150 mcg 100 mg 25 mg 200 mcg 2 mg 2 mg	8339 1009 5009 509 1009 259 1679
Slotin Partothenic Acid (as Calcium d-Pantothenate) Calcium (as Calcium Carbonate & Calcium Ascorbate) ddine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Parto (as Zinc Oxide) Cinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Oopper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molyddenum (as Chromium Chloride) Molyddenum (as Chromium Chloride) Super Antioxidant Blend	300 mcg 50 mg 500 mg 150 mcg 100 mg 25 mg 200 mcg 2 mg 2 mg	100% 500% 50% 100% 25% 167%
Pantothenic Acid (as Calcium d-Pantothenate)  Zalcium (as Calcium Carbonate & Calcium Ascorbate)  doline (as Potassium lodide)  Magnesium (as Magnesium Oxide)  Zinc (as Zinc Oxide)  Selenium (as L-Selenomethionine)  Zopper (as Copper Sulfate)  Manganese (as Manganese Sulfate)  Chromium (as Chromium Chloride)  Molyddenum (as Sodium Molybdate)  Super Antioxidant Blend	50 mg 500 mg 150 mcg 100 mg 25 mg 200 mcg 2 mg 2 mg	500% 50% 100% 25% 167%
Calcium (as Calcium Carbonate & Calcium Ascorbate) odine (as Potassium Iodide) Magnesium (as Magnesium Oxide) Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Copper (as Copper Full Tate) Manganese (as Manganese Sulfate) Thromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	500 mg 150 mcg 100 mg 25 mg 200 mcg 2 mg 2 mg	50% 100% 25% 167%
odine (as Potassium lodide) Magnesium (as Magnesium Oxide) Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Selenium (as L-Selenomethionine) Wanganese (as Copper Sudfate) Manganese (as Manganese Sulfate) Zirromium (as Chromium Chloride) Molyddenum (as Sodium Molybdate) Super Antioxidant Blend	150 mcg 100 mg 25 mg 200 mcg 2 mg 2 mg	1009 259 1679
Magnesium (as Magnesium Oxide) Zinc (as Zinc Oxide) Selenium (as L-Selenomethionine) Copper (as Copper Sulfate) Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molyddenum (as Sodium Molybdate) Super Antioxidant Blend	100 mg 25 mg 200 mcg 2 mg 2 mg	259 1679
Zinc (as Zinc Oxide)  elenium (as L-Selenomethionine)  opper (as Opper Sulfate)  Manganese (as Manganese Sulfate)  Manganese (as Manganese Sulfate)  Arromium (as Chromium Chloride)  Molybdenum (as Sodium Molybdate)  Super Antioxidant Blend	25 mg 200 mcg 2 mg 2 mg	1679
Selenium (as L-Selenomethionine)  Copper (as Copper Sulfate)  Manganese (as Manganese Sulfate)  Chromium (as Chromium Chloride)  Molybdenum (as Sodium Molybdate)  Super Antioxidant Blend	200 mcg 2 mg 2 mg	
Copper (as Copper Sulfate) Manganese (as Manganese Sulfate) Zhromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	2 mg 2 mg	2869
Manganese (as Manganese Sulfate) Chromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	2 mg	
Chromium (as Chromium Chloride) Molybdenum (as Sodium Molybdate) Super Antioxidant Blend		1009
Molybdenum (as Sodium Molybdate) Super Antioxidant Blend	120 mca	1009
Super Antioxidant Blend		1009
	75 mcg	1009
alpha-Lipoic Acid		
	25 mg	
Lutemax® 2020 Lutein	2 mg	
Lycopene	1 mg	
Turmeric Root Extract (CurcuWIN™)(Curcuma longa)(Std. to Curcuminoi		
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	
Astaxanthin (from Haematococcus pluvialis)	50 mcg	
beta-Cryptoxanthin	10 mcg	
Performance Energy & Metabolism Blend		
Green Tea Leaf Extract (Camellia sinensis)(Standardized to EGCG)	30 mg	
Choline (as Choline Bitartrate)	10 mg	
Betaine (Trimethylglycine)	10 mg	
Inositol	10 mg	
Boron (as Sodium Borate)	2 mg	
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg	
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.		

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.