

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%
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%
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	*

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.

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.

GNC

NEW!
SMALLER
PILLS

WOMEN'S ULTRA MEGA® Active without Iron

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*

- Energy Production
- Recovery
- Antioxidants

PHYSICIAN
ENDORSED*

Timed-Release
180 CAPLETS

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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^ 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.

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

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Pittsburgh, PA 15222



GLUTEN
FREE



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.