

Supplement Facts

Serving Size Four Caplets		Servings Per Container 60	
Amount Per Serving		% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)		5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)		200 mg	333%
Vitamin D (as Cholecalciferol D-3)		2000 IU	500%
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 Niacin & Niacinamide)		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)		1000 mg	100%
Iron (as Ferrous Fumarate)		18 mg	100%
Iodine (as Potassium Iodide)		150 mcg	100%
Magnesium (as Magnesium Oxide)		250 mg	63%
Zinc (as Zinc Oxide)		15 mg	100%
Selenium (as L-Selenomethionine)		200 mcg	286%
Copper (as Cupric Oxide)		2 mg	100%
Manganese (as Manganese Sulfate)		2 mg	100%
Chromium (as Hydrolyzed Protein Chelate)		120 mcg	100%
Molybdenum (as Sodium Molybdate)		75 mcg	100%
MBP®		40 mg	*
alpha-Lipoic Acid		25 mg	*
Choline (as Choline Bitartrate)		10 mg	*
Inositol		10 mg	*
Green Tea Leaf Extract (Camellia sinensis)		10 mg	*
Cranberry Concentrate (Vaccinium macrocarpon)		10 mg	*
Silica (as Silicon Dioxide)		4 mg	*
Boron (as Hydrolyzed Protein Chelate)		2 mg	*
Lutemax 2020™ Lutein		950 mcg	*
Lycopene		950 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)		190 mcg	*
Astaxanthin		50 mcg	*
Vanadium (as Sodium Metavanadate)		10 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycerides, Sucralose.

CONTAINS: Fish and Milk.
Suitable for individuals following a low lactose diet.

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.

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.

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

MBP® MBP® is registered in the U.S.A. by MEGMILK SNOW BRAND Co., Ltd. U.S. Patent No. 5,932,259.

Lutemax 2020™ Lutemax 2020™ is a trademark of OmniActive Health Technologies.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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Pittsburgh, PA 15222



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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!

To ensure a complete nutritional program, take daily with these GNC products:

- Triple Strength Fish Oil
- Evening Primrose Oil
- Ultra Probiotic Complex
- SuperFoods Whole Foods Blend

GNC QUALITY COMMITMENT
For more than 78 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.

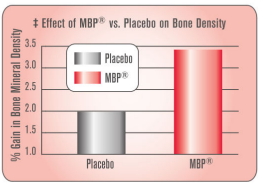
GNC GUARANTEE
If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Please recycle this box.

WOMEN'S ULTRA MEGA® BONE DENSITY

GNC Women's Ultra Mega® Bone Density is a scientifically designed multiple vitamin and mineral formula that emphasizes key nutrients for bone health. This premium, clinically studied^ formula boasts similar attributes as traditional Women's Ultra Mega® but is enhanced with 1,000 mg of calcium, 2,000 IU of vitamin D-3 and 40 mg of MBP®, a protein complex derived from milk.

MBP®
Isolated and purified from milk protein, MBP® is a functionally active protein complex that is suitable for individuals following a low lactose diet. Emerging research indicates that MBP® supports the body's natural ability to build and maintain bone mass by supporting the body's bone-building cells.*



†Percent gain in bone density (left calcaneus) over six months. In a double-blind, placebo-controlled study, 33 adult females were supplemented with 40 mg/day MBP® (n = 17) or placebo (n = 16) in a beverage for six months. Bone density was measured at baseline and after six months by Dual Energy X-Ray Absorptiometry (DEXA). The diets of both groups were monitored during this time and found to be no different.

Calcium and Magnesium

Each serving provides 1,000 mg of calcium and 250 mg of magnesium, which are important structural components of bone that help to maintain a healthy bone matrix.*

†Adequate calcium and vitamin D, in a healthy diet throughout life, may reduce the risk of osteoporosis.*

Vitamin D-3

Includes 2,000 IU of vitamin D-3 which enhances calcium absorption and is essential for healthy bones and teeth.* Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.*

Timed-release caplets provide a gradual release of vital nutrients.

^In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a 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® Bone Density

Dietary Supplement

CLINICALLY STUDIED^ MULTIVITAMIN

- With 2,000 IU vitamin D-3 for breast and bone health*
- 1,000 mg calcium providing 100% daily requirement
- Build and maintain bone mass*
- May reduce the risk of osteoporosis†



PHYSICIAN
ENDORSED*

Timed-Release
240 CAPLETS