

CODE 209112
Directions: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:

Women's Ultra Mega® Energy & Metabolism Multivitamin

Supplement Facts

Serving Size Two Light Green Caplets

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)(Standardized 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 *

Amount Per Serving	% Daily Value
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.

Energy & Metabolism Generator

Supplement Facts

Serving Size One Dark Green Capsule

Amount Per Serving	% Daily Value
Niacin	20 mg 100%
Caffeine Anhydrous, Capsicum Seed Extract (Capsicum annuum), Black Pepper Fruit Extract (Piper nigrum)(Standardized to Piperine)	243.34 mg *
Garcinia cambogia Fruit Extract (Standardized to Hydroxy Citric Acid)	100 mg *
Green Tea Extract (Camellia sinensis)(50% EGCG = 25 mg)	50 mg *
Green Coffee Bean Extract (Coffea sp.)(Standardized to Chlorogenic Acid)	50 mg *
Lychee Fruit Extract (Litchi chinensis)	25 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Magnesium Stearate Vegetable Source, Silica, Chlorophyll.

Contains 200 mg of caffeine.

BQ6

Fatty Acid Metabolizer

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg*

* Daily Value not established.

Other Ingredients: Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.

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, Gluten Free, No Dairy, Yeast Free.

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

*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.



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.

Essential Fatty Acid Support

Supplement Facts

Serving Size One Yellow Softgel

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†

Total Omega-3s	942 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	700 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	100 mg *
Other Omega-3s	142 mg *
GLA (gamma-Linolenic Acid)	25 mg *

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Safflower Oil, Gelatin, Glycerin.

CurcuWIN™

CurcuWIN™ is a trademark of
OmniActive Health Technologies.

Lutemax® 2020
LUTEIN & ZEAXANTHIN

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GNC

WOMEN'S
ULTRA MEGA®
Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY
STUDIED MULTIVITAMIN^

- Antioxidants • Metabolism
- Beauty • Energy



PHYSICIAN
ENDORSED*



30 PACKS

NEW!

GNC

WOMEN'S
ULTRA MEGA®
Energy & Metabolism

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

✓ Women's Health

Contains a clinically studied women's multivitamin formula shown to work better than a basic multivitamin.^ Helps support bone health.*

✓ Antioxidants

Packed with antioxidants to help protect against harmful free radicals produced by intense exercise.*

✓ Metabolism

Features a clinically studied calorie-burning blend.*

✓ Beauty

Has biotin to support healthy hair, skin and nails. Also includes ingredients for additional skin support.*

✓ Energy

Includes caffeine to support improved physical endurance activity and performance. Also has an array of B vitamins to support energy.*

* 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.