

CODE 171087

Directions: As a dietary supplement, mix one packet (33 g) with 8-12 fl. oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. May adjust the amount of liquid depending on thickness desired.

Supplement Facts	
Serving Size One Packet (33 g) Servings Per Container 5	
Amount Per Serving	% Daily Value
Calories 120	
Calories from Fat 20	
Total Fat 2 g	3%†
Saturated Fat 1 g	5%†
Cholesterol 25 mg	8%
Total Carbohydrate 16 g	5%†
Dietary Fiber 10 g	40%†
Sugars 2 g	4%
Protein 10 g	
Vitamin A (as 50% Retinyl Acetate & 50% beta-Carotene)	5000 IU..... 100%
Vitamin C (as Calcium Ascorbate & Ascorbic Acid)	200 mg..... 334%
Vitamin D (as Cholecalciferol D-3)	2000 IU..... 500%
Vitamin E (as Natural d-alpha Tocopherol Acetate)	30 IU..... 100%
Vitamin K (as Phytionadione K-1)	80 mcg..... 100%
Thiamin (as Thiamin Mononitrate)	50 mg..... 3330%
Riboflavin	50 mg..... 2940%
Niacin (as Niacinamide & Niacin)	50 mg..... 250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg..... 2500%
Folic Acid	400 mcg..... 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg..... 833%
Biotin	300 mcg..... 100%
Pantothenic Acid (as Calcium Pantothenate)	50 mg..... 500%
Calcium (as Calcium Carbonate)	500 mg..... 50%
Iron (as Ferrous Fumarate)	18 mg..... 100%
Magnesium (as Magnesium Oxide)	100 mg..... 25%
Zinc (as Zinc Oxide)	25 mg..... 165%
Selenium (as L-Selenomethionine)	200 mcg..... 285%
Iodine (as Potassium Iodide)	150 mcg..... 100%
Copper (as Cupric Oxide)	2 mg..... 100%
Manganese (as Manganese Sulfate)	2 mg..... 100%
Chromium (as Chromium Hydrolyzed Chelate Protein)	120 mcg..... 100%
Molybdenum (as Sodium Molybdate)	75 mcg..... 100%
Chloride (as Sodium Molybdate)	72 mg..... 2%
Sodium	125 mg..... 5%
Potassium	175 mg..... 5%

Other Ingredients: Whey Protein Concentrate, Natural and Artificial Flavor, Nonfat Dry Milk, Maltodextrin, Potassium Citrate, Guar Gum, Citrus Pectin, Lecithin, Sodium Caseinate, Xanthan, Sodium Chloride, DiPotassium Phosphate, Mono and Diglycerides, Sucralose, Acesulfame Potassium, Stevia Leaf Extract.

CONTAINS: Milk, Soybeans and Tree Nuts (Lychee). Manufactured on equipment that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

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.

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.

Contains 200 mg of caffeine.

NOTICE: Significant product settling may occur.

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*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.

PHYSICIAN ENDORSED*

*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!

*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.

GNC

WOMEN'S
ULTRA MEGA®
Energy &
Metabolism

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Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*
& COMPLETE ENERGY FORMULA

- Promotes energy and metabolism*
- Helps support skin hydration*
- Minimizes the effect of free radicals*
- Includes 10 g of fiber and 10 g of protein



Vanilla
Natural & Artificial Flavors

5 PACKETS
NET WT 5.82 OZ (165 g)