CODE 171087 GQG

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	Facte	Amount Per Serving	% Daily Value
	acts	Energy & Metabolism Blend	
Serving Size One Packet (33 g)		Caffeine (as Extended-Release Caffeine & Caffeine Anhydrous)	
Servings Per Container 5		Capsimax® Capsicum Fruit Extract (Capsicum annuum)(Fruit)	33.34 mg
Amount Per Serving	% Daily Value	(Standardized for Capsaicinoids)	10
	/c a my range	Green Coffee Bean Extract (Coffea robusta & Coffea arabica) (45% Chlorogenic Acid = 4.5 mg)	10 mg
Calories 120		Garcinia cambogia Extract	10 mg
Calories from Fat 20	2011	Lychee Fruit Extract (<i>Litchi chinensis</i>)	
Total Fat 2 g		Decaffeinated Green Tea Extract (Camellia sinensis)	
Saturated Fat 1 g		Siberian Ginseng Root Extract (Eleutherococcus senticosus)	
Cholesterol 25 mg		Piperine (<i>Piper nigrum</i>)(from Black Pepper)	
Total Carbohydrate 16 g		Paran (an Paran Lydrolyzad Vegetable Protein)	2 mg
Dietary Fiber 10 g		Vanadium (as Sodium Metava, adate)	
Sugars 2 g	*	Antioxidant Blend	ro mog
Protein 10 g		alpha-Lipoic Acid	25 mg
Vitamin A (as 50% Retinyl Acetate & 50% beta-Carotene)		Turmeric Root Extract (CurcuWIN™)	10 mg
Vitamin C (as Calcium Ascorbate & Ascorbic Acid)		(Curcuma longa)(20% Curcuminoids = 2 mg)	
Vitamin D (as Cholecalciferol D-3)		Lycopene	1 ma
Vitamin E (as Natural d-alpha Tocopherol Acetate)	30 IU 100%	Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Vitamin K (as Phytonadione K-1)		Astaxanthin (Haematococcus pluvialis)	50 mcg
Thiamin (as Thiamin Mononitrate)	50 mg 3330%	beta-Cryptoxanthin	
Riboflavin	50 mg 2940%	Circulatory Support Complex	
Niacin (as Niacinamide & Niacin)	50 mg 250%	L-Arginine (as Whey Protein Concentrate)	100 ma
Vitamin B-6 (as Pyridoxine HCI)	50 mg 2500%	resVida® trans-resveratrol	30 mg
Folic Acid	400 mcg 100%	Brain Health Blend	
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Choline (as Choline Bitartrate)	25 mg
Biotin	300 mcg 100%	Inositol	10 mg
Pantothenic Acid (as Calcium Pantothenate)	50 mg 500%	Beauty Blend	
Calcium (as Calcium Carbonate)		Silica (as Silicon Dioxide)	4 mg
Iron (as Ferrous Fumarate)		Lutemax® 2020 Lutein	2 mg
Magnesium (as Magnesium Oxide)		Digestion Complex	
Zinc (as Zinc Oxide)		ProHydrolase® Protease Enzyme Blend	
Selenium (as L-Selenomethionine)		Proprietary Blend of Proteases	3500 HUT
lodine (as Potassium Iodide)		from Bacillus subtilis & Ananas comosus	
Copper (as Cupric Oxide)		Ginger Root (Zingiber officinale)	5 mg
Manganese (as Manganese Sulfate)		Fiber Blend	
Chromium (as Chromium Hydrolyzed Chelate Protein)		Gum Acacia, Cellulose Gum, Inulin, Fructooligosaccharides	10 g
Molybdenum (as Sodium Molybdate)		Essential Fatty Acid Blend	
Chloride		MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic A	
Sodium		Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evening	Primrose Oil
Potassium		† Percent Daily Values are based on a 2,000 calorie diet.	
T Otto Otto Time Time Time Time Time Time Time Time	170 mg 370	* Daily Value not established.	

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 Didvoerides, 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 current.

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

contains 200 mg of currence.

NOTICE: Significant product settling may occur.

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ProHydrolase® is a trademark of Deerland Enzymes, Inc.

Tronyurolase is a trademark

resvides is a trademark or DSM.

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.



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.



Metabolism



WOMEN'S ULTRA MEGA® Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^A & 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)