CODF 171085

Directions: As a dietary supplement, mix one packet (34 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	Amount Per Serving	% Daily Valu
	. 4010	Energy & Metabolism Blend	
Serving Size One Packet (34 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)	
Amount Per Serving	% Daily Value	Green Coffee Bean Extract (Coffea robusta & Coffea arabica)	10 mg
Calories 125		(45% Chlorogenic Acid = 4.5 mg)	
Calories from Fat 20		Garcinia cambogia Extract	10 mg
Total Fat 2 g	3%†	Lychee Fruit Extract (Litchi chinensis)	
Saturated Fat 1 g		Decaffeinated Green Tea Extract (Camellia sinensis)	10 mg
Cholesterol 25 mg		Siberian Ginseng Root Extract (Eleutherococcus senticosus)	10 mg
Total Carbohydrate 16 g		Piperine (Piper nigrum)(from Black Pepper)	5 mg
Dietary Fiber 10 g		Boron (as Boron Hydrolyzed Vegetable Protein)	
Sugars 2 g		Vanadium (as Sodium Metavanadate)	10 mcg
Protein 10 a		Antioxidant Blend	
Vitamin A (as 50% Retinyl Acetate & 50% beta-Carotene)	5000 III 100%	alpha-Lipoic Acid	25 mg
Vitamin C (as Calcium Ascorbate & Ascorbic Acid)		Turmeric Root Extract (CurcuWIN™)	10 mg
Vitamin D (as Cholecalciferol D-3)		(Curcuma longa)(20% Curcuminoids = 2 mg)	
Vitamin E (as Natural d-alpha Tocopherol Acetate).		Lycopene	1 mg
Vitamin K (as Phytonadione K-1)		Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Thiamin (as Thiamin Mononitrate)		Astaxanthin (Haematococcus pluvialis)	
Riboflavin		beta-Cryptoxanthin	10 mcg
Niacin (as Niacinamide & Niacin)		Circulatory Support Complex L-Arginine (as Whey Protein Concentrate)	100
Vitamin B-6 (as Pyridoxine HCI)		resVida® trans-resveratrol.	100 mg
Folic Acid		Brain Health Blend	
Vitamin B-12 (as Cyanocobalamin)		Choline (as Choline Bitartrate)	OF ma
		Inositol	
Biotin		Beauty Blend	10 IIIg
Pantothenic Acid (as Calcium Pantothenate)		Silica (as Silicon Dioxide)	4 ma
Calcium (as Calcium Carbonate)		Lutemax® 2020 Lutein.	
ron (as Ferrous Fumarate)		Digestion Complex	Z IIIY
Magnesium (as Magnesium Oxide)		ProHydrolase® Protease Enzyme Blend	10 ma
Zinc (as Zinc Oxide)		Proprietary Blend of Proteases	2500 HIT
Selenium (as L-Selenomethionine)		from Bacillus subtilis & Ananas comosus	3300 1101
lodine (as Potassium lodide)		Ginger Root (Zingiber officinale)	5 ma
Copper (as Cupric Oxide)		Fiber Blend	Jilly
Manganese (as Manganese Sulfate)		Gum Acacia, Cellulose Gum, Inulin, Fructooligosaccharides	10 a
Chromium (as Chromium Hydrolyzed Chelate Protein)		Essential Fatty Acid Blend	10 y
Molybdenum (as Sodium Molybdate)		MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic	Acid) 1 a
Chloride		Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evenin	
Sodium			9
Potassium		† Percent Daily Values are based on a 2,000 calorie diet.	
		* Daily Value not established.	

Other Ingredients: Whey Protein Concentrate, Cocoa Powder, Natural and Artificial Flavor, Nonfat Dry Milk, Maltodextrin, Potassium Citrate, Guar Gum, Citrus Pectin, Lecithin, Sodium Caseinate, Sodium Chloride, Xanthan, 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, shell fish, fish oil,

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

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. Capsimax®, CurcuWIN™ and Lutemax® 2020 trademarks belong to OmniActive Health Technologies

ProHydrolase® is a trademark of Deerland Enzymes, Inc.

'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



* 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

Energy &

Metabolism

WOMEN'S ULTRA MEGA®

* 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® Energy & Metabolism**

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



Chocolate

Natural & Artificial Flavors

5 PACKETS NET WT 6 0Z (170 g)