

**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.

Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.  
**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

ACTUAL SIZE

One Per Day



SCAN &  
LEARN MORE

† Compared to the leading women's 50 Plus multivitamin brand.

‡ Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and colon health.

#### 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® 50 PLUS ONE DAILY

GNC Women's Ultra Mega® 50 Plus One Daily is a premium multivitamin providing 39 important nutrients essential for overall wellness, plus unique blends scientifically formulated to support the specific health needs of women, in one ultra concentrated pill.

♦ 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!

### HOW DOES YOUR MULTIVITAMIN COMPARE?

| Ultra Concentrated Technology for Greater Benefits*                                                     | GNC Women's Ultra Mega® 50 Plus One Daily Premium Multivitamin | Leading Women's 50 Plus Multivitamin† |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------|
| Nutrients Delivered in One Caplet                                                                       | 39                                                             | 31                                    |
| Nutrients with at Least 100% Daily Value                                                                | 18                                                             | 9                                     |
| At Least 100% DV of 8 Key B Vitamins                                                                    | ✓                                                              | —                                     |
| More Vitamin B-12 Important for Neurological Function and Red Blood Cell Formation*                     | ✓                                                              | —                                     |
| More Vitamin C to Support Natural Resistance*                                                           | 150 mg                                                         | 120 mg                                |
| Supports Breast and Colon Health with More Vitamin D*                                                   | 1200 IU                                                        | 800 IU                                |
| Customized Women's Health Blends                                                                        | ✓                                                              | —                                     |
| With Ginkgo, Phosphatidylserine, Choline and Inositol to Support Brain Health*                          | ✓                                                              | —                                     |
| Lutein for Eye Health Support*                                                                          | ✓                                                              | —                                     |
| Cranberry for Urinary Tract Support*                                                                    | ✓                                                              | —                                     |
| Supports Healthy Skin Structure Collagen and Silica and Protects Against Free Radicals with Zeaxanthin* | ✓                                                              | —                                     |

\*Ultra Concentrated Technology: Using cutting-edge product development processes, GNC Women's Ultra Mega® 50 Plus One Daily Multivitamin was developed to deliver more nutrients in one standard size pill for greater benefits.

\* 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® 50 Plus One Daily

Dietary Supplement

### ONE PER DAY MULTIVITAMIN

**Ultra Concentrated with 39 important nutrients.**

- Provides 18 vitamins & minerals at 100% daily value or more
- Strengthens bones with calcium and vitamin D-3\*
- B vitamins to support energy production and metabolism \*



PHYSICIAN  
ENDORSED\*

One Per Day  
60 CAPLETS

CODE 179722

Directions: As a dietary supplement, take one caplet daily with food.

## Supplement Facts

| Amount Per Serving                                     | % Daily Value |
|--------------------------------------------------------|---------------|
| Serving Size One Caplet                                |               |
| Vitamin A (as Retinyl Acetate)                         | 3500 IU 70%   |
| Vitamin C (as Ascorbic Acid)                           | 150 mg 250%   |
| Vitamin D (as Cholecalciferol D-3)                     | 1200 IU 300%  |
| Vitamin E (as Natural d-alpha Tocopheryl Succinate)    | 35 IU 117%    |
| Vitamin K (as Phytonadione)                            | 60 mcg 75%    |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate)          | 4.95 mg 330%  |
| Riboflavin (Vitamin B-2)                               | 3.74 mg 220%  |
| Niacin (as Niacinamide)                                | 22 mg 110%    |
| Vitamin B-6 (as Pyridoxine Hydrochloride)              | 6.6 mg 330%   |
| Folic Acid                                             | 600 mcg 150%  |
| Vitamin B-12 (as Cyanocobalamin)                       | 110 mcg 1833% |
| Biotin                                                 | 300 mcg 100%  |
| Pantothenic Acid (as Calcium d-Pantothenate)           | 16.5 mg 165%  |
| Calcium (as Calcium Carbonate and Dicalcium Phosphate) | 500 mg 50%    |
| Iron (as Ferrous Fumarate)                             | 8 mg 44%      |
| Phosphorus (as Dicalcium Phosphate)                    | 15 mg 2%      |
| Iodine (as Potassium Iodide)                           | 150 mcg 100%  |
| Magnesium (as Magnesium Oxide)                         | 50 mg 13%     |
| Zinc (as Zinc Oxide)                                   | 30 mg 200%    |
| Selenium (as Sodium Selenite)                          | 70 mcg 100%   |
| Copper (as Cupric Oxide)                               | 2 mg 100%     |
| Manganese (as Manganese Sulfate)                       | 2 mg 100%     |
| Chromium (as Hydrolyzed Protein Chelate)               | 200 mcg 167%  |
| Molybdenum (as Hydrolyzed Protein Chelate)             | 75 mcg 100%   |
| Chloride (as Potassium Chloride)                       | 72 mg 2%      |
| Potassium (as Potassium Chloride)                      | 80 mg 2%      |

#### Brain Health Blend

|                                 |          |
|---------------------------------|----------|
| Ginkgo biloba Leaf Extract      | 10 mg *  |
| Phosphatidyl Serine             | 2.5 mg * |
| Choline (as Choline Bitartrate) | 2.5 mg * |
| Inositol                        | 2.5 mg * |

#### Eye Health Support

|                      |        |
|----------------------|--------|
| Lutemax 2020™ Lutein | 1 mg * |
|----------------------|--------|

#### Urinary Tract & Women's Health Blend

|                                       |           |
|---------------------------------------|-----------|
| Cranberry Fruit Concentrate           | 10 mg *   |
| Boron (as Hydrolyzed Protein Chelate) | 150 mcg * |
| Tin (as Stannous Chloride)            | 10 mcg *  |
| Vanadium (as Vanadyl Sulfate)         | 10 mcg *  |
| Nickel (as Nickel Sulfate)            | 5 mcg *   |

#### Skin Structure & Antioxidant Support Blend

|                                    |           |
|------------------------------------|-----------|
| Collagen Hydrolysate               | 5 mg *    |
| Silica (as Silicon Dioxide)        | 2 mg *    |
| Zeaxanthin (as Zeaxanthin Isomers) | 200 mcg * |

\* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Cool Mint Vanilla Flavor, Carmine Color, Sucralose.

**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.**