

Conforms to USP <2091> for weight.
No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.
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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



**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!

*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.

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.



**WOMEN'S
ULTRA MEGA®**
Active
without Iron



More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✔ **Women's Health**
Contains a clinically studied women's multivitamin formula shown to work better than a basic multivitamin.* Helps support bone health.*
- ✔ **Energy Production**
Shown to improve levels of key B vitamins* essential for energy production.*
- ✔ **Recovery**
Packed with ingredients to help fight free radicals that can be produced from your workout.*
- ✔ **Antioxidants**
Includes antioxidants for cell protection and stress defense.*

* 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.



**NEW!
SMALLER
PILLS**

**WOMEN'S
ULTRA MEGA®**
Active
without Iron

- Dietary Supplement
- CLINICALLY STUDIED MULTIVITAMIN^**
- Energy Production
 - Recovery
 - Antioxidants



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Timed-Release
90 CAPLETS

CODE 202112 AQQ
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts		
Serving Size Two Caplets Servings Per Container 45		
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	*
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.
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.