



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!

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



GNC

**WOMEN'S
ULTRA MEGA®
Energy & Metabolism**

Women's Ultra Mega® Energy & Metabolism is much more than a multivitamin – it's also a complete energy formula packed with protein and fiber in one easy-to-mix powder!

- ✓ Women's Health**
Contains a clinically studied multivitamin[†] formula shown to support women's health, and it includes 10 g of high-quality protein for muscle support.*
- ✓ Energy & Metabolism**
Has an array of B vitamins essential for energy production, and it contains both immediate- and sustained-release caffeine for extended energy support. Also features a thermogenic blend, which increases calorie burning and metabolism.*
- ✓ Skin Support**
Includes lutein to help support skin hydration.*
- ✓ Antioxidants**
Packed with antioxidants from both vitamins and plant-based sources. These antioxidants minimize the effect of free radicals that can be produced by intense exercise and support eye, skin and heart health.*
- ✓ Digestion**
Includes a clinically researched advanced digestive enzyme blend for greater protein breakdown and 10 g of fiber to support digestive health.*

[†]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.

*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**

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

NET WT 34.92 OZ (2.18 LB) 990 g

CODE 171076
Directions: As a dietary supplement, mix two level scoops (33 g) with 8-12 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 Value
Serving Size Two Level Scoops (33 g) Servings Per Container 30			
Calories 130			
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			
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 Phytonadione K-1)		80 mcg	100%
Thiamin (as Thiamin Mononitrate)		50 mg	3333%
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		72 mg	2%
Sodium		125 mg	5%
Potassium		175 mg	5%
Antioxidant Blend			
alpha-Lipoic Acid		25 mg	*
Turmeric Root Extract (CurcuWIN™)(Curcuma longa)(20% Curcuminoids = 2 mg)		10 mg	*
Lycopene		1 mg	*
Zeaxanthin (as Zeaxanthin Isomers)		400 mcg	*
Astaxanthin (Haematococcus pluvialis)		50 mcg	*
beta-Cryptoxanthin		10 mcg	*
Circulatory Support Complex			
L-Arginine (as Whey Protein Concentrate)		100 mg	*
resVida® trans-resveratrol		30 mg	*
Brain Health Blend			
Choline (as Choline Bitartrate)		25 mg	*
Inositol		10 mg	*
Beauty Blend			
Silica (as Silicon Dioxide)		4 mg	*
Lutemax® 2020 Lutein		2 mg	*
Digestion Complex			
ProHydrolase® Protease Enzyme Blend		10 mg	*
Proprietary Blend of Proteases from <i>Bacillus subtilis</i> and <i>Ananas comosus</i> ...3500 HUT			
Ginger Root (<i>Zingiber officinale</i>)		5 mg	*
Fiber Blend			
Gum Acacia, Cellulose Gum, Inulin, Fructooligosaccharides		10 g	*
Essential Fatty Acid Blend			
MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic Acid), Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evening Primrose Oil		1 g	*
† Percent Daily Values are based on a 2,000 calorie diet.			
* 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 Diglycerides, Sucralose, Acesulfame Potassium, Stevia Leaf Extract.

CONTAINS: Milk, Soybeans and Tree Nuts (Lycbee). 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.

