

**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.



**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 USA**

\*See carton for related information.



**GNC**

# WOMEN'S ULTRA MEGA® Bone Density

Dietary Supplement

**CLINICALLY STUDIED^**  
**MULTIVITAMIN**

- With 2,000 IU vitamin D-3 for breast and bone health\*
- 1,000 mg calcium providing 100% daily requirement



**Timed-Release**  
**240 CAPLETS**

CODE 178622

**Directions:** As a dietary supplement, take four caplets daily with food.

## Supplement Facts

Serving Size Four Caplets  
Servings Per Container 60

| Amount Per Serving                                          | % Daily Value |
|-------------------------------------------------------------|---------------|
| Vitamin A<br>(50% as beta-Carotene; 50% as Retinyl Acetate) | 5000 IU 100%  |
| Vitamin C<br>(as Ascorbic Acid & Calcium Ascorbate)         | 200 mg 333%   |
| Vitamin D (as Cholecalciferol D-3)                          | 2000 IU 500%  |
| Vitamin E<br>(as Natural d-alpha Tocopheryl Acetate)        | 30 IU 100%    |
| Vitamin K (as Phytonadione)                                 | 80 mcg 100%   |
| Thiamin (Vitamin B-1)<br>(as Thiamin Mononitrate)           | 50 mg 3333%   |
| Riboflavin (Vitamin B-2)                                    | 50 mg 2941%   |
| Niacin (as Niacin & Niacinamide)                            | 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<br>(as Calcium d-Pantothenate)             | 50 mg 500%    |
| Calcium (as Calcium Carbonate)                              | 1000 mg 100%  |
| Iron (as Ferrous Fumarate)                                  | 18 mg 100%    |
| Iodine (as Potassium Iodide)                                | 150 mcg 100%  |

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycerides, Sucralose.

**CONTAINS: Fish and Milk.**

Suitable for individuals following a low lactose diet.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, Yeast Free.

Conforms to USP <2091> for weight.

**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.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

| Amount Per Serving                                        | % Daily Value |
|-----------------------------------------------------------|---------------|
| Magnesium (as Magnesium Oxide)                            | 250 mg 63%    |
| Zinc (as Zinc Oxide)                                      | 15 mg 100%    |
| Selenium (as L-Selenomethionine)                          | 200 mcg 286%  |
| Copper (as Cupric Oxide)                                  | 2 mg 100%     |
| Manganese (as Manganese Sulfate)                          | 2 mg 100%     |
| Chromium<br>(as Hydrolyzed Protein Chelate)               | 120 mcg 100%  |
| Molybdenum (as Sodium Molybdate)                          | 75 mcg 100%   |
| MBP*                                                      | 40 mg *       |
| alpha-Lipoic Acid                                         | 25 mg *       |
| Choline (as Choline Bitartrate)                           | 10 mg *       |
| Inositol                                                  | 10 mg *       |
| Green Tea Leaf Extract ( <i>Camellia sinensis</i> )       | 10 mg *       |
| Cranberry Concentrate<br>( <i>Vaccinium macrocarpon</i> ) | 10 mg *       |
| Silica (as Silicon Dioxide)                               | 4 mg *        |
| Boron (as Hydrolyzed Protein Chelate)                     | 2 mg *        |
| Lutemax® 2020 Lutein                                      | 950 mcg *     |
| Lycopene                                                  | 950 mcg *     |
| Zeaxanthin (as Zeaxanthin Isomers)                        | 190 mcg *     |
| Astaxanthin                                               | 50 mcg *      |
| Vanadium (as Sodium Metavanadate)                         | 10 mcg *      |

\* Daily Value not established.

KRG

Lot No./Best By:

