

Conforms to USP <2091> for weight. Disintegrates over five hours for time-released benefit.

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

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



GNC

ULTRA MEGA GOLD™ WITHOUT IRON

Timed-release

Nutrient-dense multivitamin, mineral and antioxidant
formula designed to support:

- Energy Production*

DIETARY SUPPLEMENT
90 CAPLETS

CODE 168611

CRG

Directions: As a dietary supplement, take two caplets daily.

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size Two Caplets		Selenium	200 mcg.....286%
Servings Per Container 45		(as L-Selenomethionine)	
		Copper (as Cupric Oxide)	2 mg.....100%
		Manganese	2 mg.....100%
		(as Manganese Sulfate)	
		Chromium	120 mcg.....100%
		(as Hydrolyzed Protein Chelate)	
		Molybdenum	75 mcg.....100%
		(as Sodium Molybdate)	
		Choline (as Choline Bitartrate)	55 mg.....*
		alpha-Lipoic Acid	50 mg.....*
		Inositol	25 mg.....*
		Amylase	20 mg.....*
		Green Tea Leaf Extract	15 mg.....*
		(Camellia sinensis)	
		Citrus Bioflavonoids Complex	12.5 mg.....*
		Hesperidin Complex	12.5 mg.....*
		Quercetin	12.5 mg.....*
		(as Quercetin Dihydrate)	
		Rutin Powder	12.5 mg.....*
		Cellulase	12 mg.....*
		Lipase	12 mg.....*
		Protease	6 mg.....*
		Boron	1 mg.....*
		(as Hydrolyzed Protein Chelate)	
		Lutein (as Lutein Esters)	950 mcg.....*
		Lycopene	950 mcg.....*
		Tocotrienol Complex	900 mcg.....*
		* Daily Value not established.	
Amount Per Serving			
Vitamin A		5000 IU	100%
		(50% as beta-Carotene & 50% as Acetate)	
Vitamin C (as Ascorbic Acid)		500 mg	833%
Vitamin D		600 IU	150%
		(as Cholecalciferol D-3)	
Vitamin E		100 IU	333%
		(as Natural d-alpha Tocopheryl Succinate & Mixed Tocopherol)	
Thiamin (Vitamin B-1)		100 mg	6667%
		(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)		100 mg	5882%
Niacin (as Niacinamide)		100 mg	500%
Vitamin B-6		100 mg	5000%
		(as Pyridoxine Hydrochloride)	
Folic Acid		600 mcg	150%
Vitamin B-12		150 mcg	2500%
		(as Cyanocobalamin)	
Biotin		300 mcg	100%
Pantothenic Acid		100 mg	1000%
		(as Calcium d-Pantothenate)	
Calcium		100 mg	10%
		(as Calcium Carbonate)	
Iodine (as Kelp)		150 mcg	100%
Magnesium		50 mg	13%
		(as Magnesium Oxide)	
Zinc (as Zinc Oxide)		15 mg	100%

Other Ingredients: Cellulose, Caramel Color, Carmine Color, Riboflavin (Color), Talc, Maltodextrins, Medium Chain Triglycerides, Natural Vanilla Flavor, Sucralose, Titanium Dioxide (Natural Mineral Whitener). **CONTAINS: Milk.**

* 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.

Lot No./Best By: