

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.

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GNC

WOMEN'S ULTRA MEGA[®] Active without Iron

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN[^]

- Energy Production
- Recovery
- Antioxidants



Timed-Release
90 CAPLETS

CODE 202112

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

KRG

Supplement Facts

Serving Size Two Caplets
Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A	5000 IU 100%
(50% as beta-Carotene & 50% Retinyl Acetate)	
Vitamin C	200 mg 333%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E	30 IU 100%
(as Natural d-alpha Tocopheryl Acetate)	
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin	50 mg 3333%
(Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Nicotinamide & Inacin)	50 mg 250%
Vitamin B-6	50 mg 2500%
(as Pyridoxine Hydrochloride)	
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid	50 mg 500%
(as Calcium d-Pantothenate)	
Calcium	500 mg 50%
(as Calcium Carbonate & Calcium Ascorbate)	
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%

Amount Per Serving	% Daily Value
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 (Curcumin [™])	500 mcg
(Curcuma longa)(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Astaxanthin	50 mcg
(from Haematococcus pluvialis)	
beta-Cryptoxanthin	10 mcg
Performance Energy & Metabolism Blend	
Green Tea Leaf Extract	30 mg
(Camellia sinensis)(Standardized to EGCG)	
Choline (as Choline Bitartrate)	10 mg
Betaine (Trimethylglycine)	10 mg
Inositol	10 mg
Boron (as Sodium Borate)	2 mg
Grape Seed Extract (Vitis vinifera)	1 mg
(Standardized to Polyphenols)	
Vanadium (as Sodium Molybdate)	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), Talc, Natural Vanilla Mint Flavor, 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. Conforms to USP <2091> for weight.

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

Lot No./Best By:



GLUTEN
FREE