

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, No Gluten, No Dairy, Yeast Free.



^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.

*Compared to leading brands.

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 QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



Please recycle this box.

WOMEN'S ULTRA MEGA®

The latest scientific research suggests that all adults can benefit from taking a multiple vitamin daily. Women's Ultra Mega® is a premium multivitamin to supplement key nutrients missing in your daily diet.

Advanced Nutritional Support

- Includes 1,600 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.*
- Supplies B-vitamins that are essential for energy production and metabolism.* Each daily dose supplies a 50 mg B-vitamin complex including 400 mcg of folic acid that is essential for DNA formation.*
- Includes 18 mg of iron, a vital nutrient that plays an essential role in forming healthy red blood cells and transporting oxygen.*

Hair, Skin & Nails Blend

- Enriched with ingredients such as biotin, antioxidants, collagen and hyaluronic acid that support the matrix of hair, skin and nails.*

Bone Health

- Features important bone-strengthening nutrients including 500 mg of calcium, magnesium and vitamin D-3 that are essential in the development of healthy bones and teeth.* Adequate calcium and vitamin D in a healthy diet throughout life may reduce the risk of osteoporosis.

Antioxidant Protection

- Contains a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.*
- Combines cranberry, which supports a healthy urinary tract with lutein and zeaxanthin to support eye health and lycopene, an antioxidant from tomatoes to support cardiovascular health.*

Timed-release caplets provide a gradual release of vital nutrients.

* 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.

2X MORE D-3*



WOMEN'S ULTRA MEGA®

Dietary Supplement

**CLINICALLY STUDIED
MULTIVITAMIN***

- With 1,600 IU of vitamin D-3 for breast and bone health*
- Hair, skin and nails blend with collagen and biotin
- Strengthens bones with 500 mg of calcium*
- Fights cell aging with advanced antioxidant blend*

**Timed-Release
90 CAPLETS**



**CLINICALLY
STUDIED***

Ultra Mega®

CODE 178112

ILG

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% as 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)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
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 (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Superfoods Fruit & Vegetable Blend	105 mg *
Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pumace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	
Beauty Blend	100 mg *
Green Tea Leaves Extract, alpha-Lipoic Acid, Collagen, Hyaluronic Acid (HA)	
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lycopene	950 mcg *
Lutemax 2020™ Lutein	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

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

CONTAINS: Fish and Soybeans.

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.