

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.

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



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

Timed-Release
28 CAPLETS



CLINICALLY
STUDIED[^]

2X MORE D-3[†]

Ultra Mega[®]

CODE 178115

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

ILG

Supplement Facts

Serving Size Two Caplets
Servings Per Container 14

Amount Per Serving	% Daily Value
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Vitamin A	5000 IU	100%
(50% as beta-Carotene; 50% as 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 (Vitamin B-1)	50 mg	3333%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide & Niacin)	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 (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%

Amount Per Serving	% Daily Value
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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	120 mcg	100%
(as Hydrolyzed Protein Chelate)		
Molybdenum (as Sodium Molybdate)	75 mcg	100%

Superfoods Fruit & Vegetable Blend ... 105 mg *

Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace 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.

Lot No./Best By:

OPEN
HERE