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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



**PHYSICIAN
ENDORSED***

♦ This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

GNC QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC

WOMEN'S
ULTRA MEGA®
Energy &
Metabolism

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✔ **Women's Health**
Contains a clinically studied women's multivitamin formula shown to work better than a basic multivitamin. ^ Helps to support bone health.*
- ✔ **Energy**
Shown to improve levels of key B vitamins ^ essential for energy production.*
- ✔ **Calorie Burning**
Features a combination of thermogenic ingredients that may support calorie burning and mental sharpness.*
- ✔ **Antioxidants**
Packed with antioxidants to help fight free radicals that can be produced by intense exercise.*

* 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.

GNC

WOMEN'S
ULTRA MEGA®
Energy &
Metabolism

Dietary Supplement
CLINICALLY STUDIED MULTIVITAMIN ^

- Energy
- Calorie Burning
- Antioxidants



**PHYSICIAN
ENDORSED***

Timed-Release
90 CAPLETS

NEW!
SMALLER
PILLS

CODE 2023112
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Caplets Servings Per Container 45	
Vitamin A (50% as beta-Carotene & 50% 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..... 333%
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 & Calcium Ascorbate).....	500 mg..... 50%
Iron (as Ferrous Sulfate).....	18 mg..... 100%
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%
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..... *
Tumeric Root Extract (CurcuWIN™)(Curcuma longa)(Standardized to Curcuminoids).....	500 mcg..... *
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg..... *
Astaxanthin (from Haematococcus pluvialis).....	50 mcg..... *
beta-Cryptoxanthin.....	10 mcg..... *
Energy & Metabolism Blend	
Caffeine Anhydrous, Green Tea Extract (Camellia sinensis)(Standardized to Polyphenols), Capsimax® Capsicum Seed Extract (Capsicum annuum), Black Pepper Fruit Extract (Piper nigrum) (Standardized to Piperine), Boron (as Sodium Borate), Vanadium (as Sodium Metavanadate) Choline (as Choline Bitartrate).....	10 mg..... *
Inositol.....	10 mg..... *
Silica (as Silicon Dioxide).....	4 mg..... *
* Daily Value not established.	

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, 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.

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.

Contains 100 mg of caffeine.
Conforms to USP <2091> for weight.
No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.