

**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.**

Conforms to USP <2091> for weight.

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

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**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

**For More Information:**  
1-888-462-2548

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**Distributed by:**  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



GLUTEN FREE

**GNC**

## WOMEN'S ULTRA MEGA®

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.<sup>^</sup> Helps to support bone health.\*

### ✔ Antioxidants

Packed with antioxidants for cell protection and stress defense.\*

### ✔ Immune Support

Supports immune health with 30% more absorption of key immune and stress defense nutrients.<sup>^\*</sup>

### ✔ Beauty

Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration and elasticity.\*

<sup>^</sup>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.

\* 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®

Dietary Supplement

**CLINICALLY STUDIED MULTIVITAMIN<sup>^</sup>**

- Antioxidants
- Immune Support\*
- Beauty



CLINICALLY STUDIED<sup>^</sup>

Timed-Release  
180 CAPLETS

CODE: 2022A

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

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 90

Amount Per Serving	% Daily Value
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 Phytanadione).....	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).....	500 mg..... 500%
Calcium (as Calcium Carbonate & Calcium Ascorbate).....	500 mg..... 50%
Iron (as Ferrous Fumarate).....	18 mg..... 100%
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	50 mg..... 13%
Zinc (as Zinc Oxide).....	15 mg..... 100%
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..... *
Turmeric Root Extract (CurcuWIN™).....	500 mcg..... *
(Curcuma longa)(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg..... *
Astaxanthin (from <i>Haematococcus pluvialis</i> ).....	50 mcg..... *
beta-Cryptoxanthin.....	10 mcg..... *
Fruit & Vegetable Blend.....	15 mg..... *

Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder

### Beauty Blend

Green Tea Leaf Extract ( <i>Camellia sinensis</i> )(Standardized to Polyphenols).....	14 mg..... *
Silica (as Silicon Dioxide).....	4 mg..... *
Hyaluronic Acid (as Sodium Hyaluronate).....	1 mg..... *
Grape Seed Extract ( <i>Vitis vinifera</i> )(Standardized to Polyphenols).....	1 mg..... *

### Brain Health Blend

Choline (as Choline Bitartrate).....	10 mg..... *
Inositol.....	10 mg..... *
Boron (as Sodium Borate).....	2 mg..... *
GABA (gamma-Aminobutyric Acid).....	1 mg..... *
Vanadium (as Sodium Metavanadate).....	10 mcg..... *

\* 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.

### OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.