

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® Active

Dietary Supplement

CLINICALLY STUDIED
MULTIVITAMIN[^]

- With 1,600 IU of vitamin D-3 for breast and bone health*

Timed-Release
28 CAPLETS



CLINICALLY
STUDIED[^]

2X MORE D-3¹

Active

CODE 178315

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

Supplement Facts

Serving Size Two Caplets

Servings Per Container 14

Amount Per Serving

% Daily Value

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%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine) ...	200 mcg	286%

Amount Per Serving

% Daily Value

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%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride) ..	80 mg	2%
Performance, Energy & Metabolism Blend 100 mg		
Panax ginseng Root Extract, Ginkgo biloba Leaf Extract, Green Tea Leaf Extract, L-Valine, L-Leucine, L-Isoleucine		
Joint Cushion Support Blend	50 mg	*
Methylsulfonyl-methane (MSM), Collagen, Hyaluronic Acid (HA)		
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Cranberry Concentrate	10 mg	*
(Vaccinium macrocarpon)		
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate) ..	2 mg	*
Lutemax 2020™ Lutein	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin (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), Natural Vanilla Flavor, Riboflavin, Glycerol Esters, Sucralose, Carmine Color.

Lot No./Best By:

**OPEN
HERE**