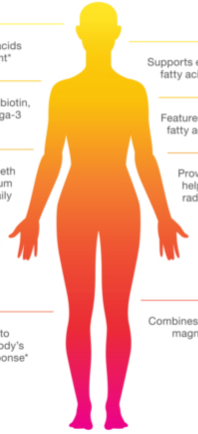
# Women's Ultra Mega® Live Well

Designed especially for women, our Women's Ultra Mega® Live Well Vitapak® features 100% RDA or more of 17 essential vitamins and minerals plus omega-3 fatty acids, biotin, collagen and cranberry for head-to-toe support.



**BRAIN**
Includes DHA omega-3 fatty acids essential for brain development*

**HAIR, SKIN & NAILS**
Provides beauty support with biotin, collagen, lutein and DHA omega-3 fatty acids*

**BONE**
Supports strong bones and teeth with a total of 900 mg of calcium (that's more than ⅔ of your daily needs!) plus vitamin D-3 and magnesium*

**URINARY**
Includes cranberry fruit to help you maintain a healthy urinary tract*

**JOINT**
Has EPA omega-3 fatty acids to support joint health and the body's natural anti-inflammatory response*

**EYE**
Supports eye health with DHA omega-3 fatty acids, beta-carotene and lutein*

**HEART**
Features heart-healthy EPA omega-3 fatty acids, vitamin E and lycopene*

**CELL PROTECTION**
Provides powerful antioxidants to help protect against harmful free radicals that can destroy healthy cells and promote cell aging*

**IMMUNE SUPPORT**
Includes vitamins C, D and B-6 plus zinc to support natural resistance*

**ENERGY METABOLISM**
Combines high-potency B vitamins and magnesium for energy production*

^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 basic multivitamin formula based upon multivariate statistical analyses of a group of 8 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). Statistically significant 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® Live Well

Dietary Supplement

VITAPAK® PROGRAM

- Provides women with head-to-toe nutritional support*
- Combines a clinically studied multivitamin blend,^ omega-3s, calcium, biotin, collagen and cranberry

CLINICALLY STUDIED^

30 PACKS

CODE 210711 BSG

**Directions:** As a dietary supplement, take contents of one packet daily with food. For maximum benefits, take as directed every day.
**Each pack contains:**

## Women's Ultra Mega® without Iron

### Supplement Facts

Serving Size Two Light Green Caplets

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate) | 1500 mcg | 167% |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate) | 200 mg | 222% |
| Vitamin D-3 (as Cholecalciferol) | 40 mcg (1600 IU) | 200% |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate) | 22.05 mg | 147% |
| Vitamin K (as Phytonadione) | 80 mcg | 67% |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate) | 50 mg | 4167% |
| Riboflavin (Vitamin B-2) | 50 mg | 3846% |
| Niacin (as Niacinamide & Niacin) | 50 mg | 313% |
| Vitamin B-6 (as Pyridoxine Hydrochloride) | 50 mg | 2941% |
| Folate | 667 mcg DFE (400 mcg Folic Acid) | 167% |
| Vitamin B-12 (as Cyanocobalamin) | 50 mcg | 2083% |
| Biotin | 300 mcg | 1000% |
| Pantothenic Acid (as Calcium d-Pantothenate) | 50 mg | 1000% |
| Choline (as Choline Bitartrate) | 10 mg | 2% |
| Calcium (as Calcium Carbonate, Calcium D-Pantothenate, Calcium Ascorbate) | 500 mg | 38% |
| Magnesium (as Magnesium Oxide) | 50 mg | 12% |
| Zinc (as Zinc Oxide) | 15 mg | 136% |
| Selenium (as L-Selenomethionine) | 200 mcg | 364% |
| Copper (as Copper Sulfate) | 2 mg | 222% |
| Manganese (as Manganese Sulfate) | 2 mg | 87% |
| Chromium (as Chromium Chloride) | 120 mcg | 343% |
| Molybdenum (as Sodium Molybdate) | 75 mcg | 167% |
| **Super Antioxidant Blend** | **28.96 mg** | * |
| alpha-Lipoic Acid | 25 mg | * |
| Lutemax® 2020 Lutein | 2 mg | * |
| Lycopene | 1 mg | * |
| Turmeric 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 | * |
| **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

| Amount Per Serving | | % Daily Value |
|---|---|---|
| **Beauty Blend** | **20 mg** | * |
| Green Tea Leaf Extract (*Camellia sinensis*)(Standardized to Polyphenols) | 14 mg | * |
| Silica (as Silicon Dioxide) | 4 mg | * |
| Hyaluronic Acid (as Sodium Hyaluronate) | 1 mg | * |
| Grape Seed Extract (*Vitis vinifera*)(Standardized to Polyphenols) | 1 mg | * |
| **Brain Health Blend** | **13.01 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 (Mineral Whitener), Talc, Natural Vanilla Mint Flavor, Chlorophyll (Color), Stevia Leaf Extract.

ACTUAL SIZE

**CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

Conforms to USP <2091> for weight.

## Cranberry Fruit

### Supplement Facts

Serving Size One Red Capsule

| Amount Per Serving | |
|---|---|
| Cranberry Fruit Powder (*Vaccinium macrocarpon*) | 500 mg* |

* Daily Value not established.

**Other Ingredients:** Gelatin, Stearic Acid Vegetable Source, Corn Starch, Magnesium Stearate Vegetable Source, Dicalcium Phosphate, Cellulose, Silicon Dioxide.

ACTUAL SIZE

Material verified by TLC.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

**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.

## Advanced Hair, Skin & Nails Formula

### Supplement Facts

Serving Size One Pearlized White Caplet

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Niacin (as Niacinamide) | 5 mg | 31% |
| Vitamin B-6 (as Pyridoxine Hydrochloride) | 1 mg | 59% |
| Biotin | 3000 mcg | 10000% |
| Pantothenic Acid (as Calcium d-Pantothenate) | 7 mg | 140% |
| Zinc (as Zinc Oxide) | 3.75 mg | 34% |
| Copper (as Copper Sulfate) | 0.5 mg | 56% |
| Hydrolyzed Collagen | 250 mg | * |
| Red Orange Fruit and Peel Extract (*Citrus sinensis*) | 100 mg | * |
| alpha-Lipoic Acid | 50 mg | * |
| Grape Seed Extract (*Vitis vinifera*) | 37.5 mg | * |
| Amla Fruit Juice Powder (*Phyllanthus emblica*) | 12.5 mg | * |
| Turmeric Root Extract (*Curcuma longa*) | 12.5 mg | * |
| Hyaluronic Acid | 5 mg | * |
| Lutemax® 2020 Lutein | 0.5 mg | * |

* Daily Value not established.

**Other Ingredients:** Cellulose, Dextrose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Natural Vanilla Flavor, Mica, Caramel (Color), Riboflavin (Color), Stevia Leaf Extract.

ACTUAL SIZE

**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.

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

GLUTEN FREE

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

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

CurcuWIN™ trademark belongs to OmniActive Health Technologies.

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

**SHOP NOW @ GNC.COM**

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

## Triple Strength Fish Oil

### Supplement Facts

Serving Size One Yellow Softgel Capsule

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories | 15 | |
| Total Fat | 1.5 g | 2%† |
| Saturated Fat | 0 g | 0% |
| Cholesterol | 0 g | 0% |
| Total Omega-3s | 1065 mg | * |
| Total EPA + DHA | 1000 mg | * |
| EPA (Eicosapentaenoic Acid)(Omega-3) | 734 mg | * |
| DHA (Docosahexaenoic Acid)(Omega-3) | 267 mg | * |
| Other Omega-3s | 65 mg | * |

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

**Ingredients:** Fish Oil, Softgel & Enteric Coating (Gelatin, Glycerin, Stearic Acid, Sodium Alginate, Ethylcellulose, Medium Chain Triglycerides, Oleic Acid), Mixed Tocopherols.

ACTUAL SIZE

**CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

## Calcium Citrate Plus™

### Supplement Facts

Serving Size Two White Caplets

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin D-3 (as Cholecalciferol) | 10 mcg (400 IU) | 50% |
| Calcium (as Calcium Citrate) | 400 mg | 31% |
| Magnesium (as Magnesium Oxide) | 200 mg | 48% |

**Other Ingredients:** Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Silica, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carnauba Wax.

ACTUAL SIZE

Potencies verified by GNC procedures #4000 & #5004.

Conforms to USP <2091> for weight.
Meets <2040> disintegration.