

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

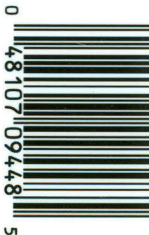
\*†See carton for study information.

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

For more information:  
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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



2X MORE D-3†



WOMEN'S  
ULTRA  
MEGA®

Active  
Without Iron

Dietary Supplement

CLINICALLY STUDIED  
MULTIVITAMIN\*

• With 1,600 IU of vitamin D-3  
for breast and bone health\*  
Timed-Release  
90 CAPLETS



CLINICALLY  
STUDIED\*

Active

CODE 178412

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

### Supplement Facts

Serving Size Two Caplets  
Servings Per Container 45

| 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                                      | 1600 IU | 400%          |
| (as Cholecalciferol D-3)                       |         |               |
| Vitamin E                                      | 30 IU   | 100%          |
| (as Natural d-alpha Tocopheryl Acetate)        |         |               |
| Vitamin K                                      | 80 mcg  | 100%          |
| (as Phytonadione)                              |         |               |
| 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 (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)                 | 500 mg  | 50%           |
| Iodine (as Potassium Iodide)                   | 150 mcg | 100%          |
| Magnesium (as Magnesium Oxide)                 | 100 mg  | 25%           |
| Zinc (as Zinc Oxide)                           | 15 mg   | 100%          |

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Riboflavin, Glycerol Esters, Sucralose, Carmine Color. **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.

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| Amount Per Serving                                                                                                | % Daily Value |
|-------------------------------------------------------------------------------------------------------------------|---------------|
| Selenium (as L-Selenomethionine)                                                                                  | 200 mcg 286%  |
| Copper (as Cupric Oxide)                                                                                          | 2 mg 100%     |
| Manganese (as Manganese Sulfate)                                                                                  | 2 mg 100%     |
| Chromium (as Hydrolyzed Protein Chelate)                                                                          | 120 mcg 100%  |
| 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 *       |
| MSM (Methylsulfonyl-methane), Collagen, Hyaluronic Acid (HA)                                                      |               |
| alpha-Lipoic Acid                                                                                                 | 25 mg *       |
| Choline (as Choline Bitartrate)                                                                                   | 10 mg *       |
| Inositol                                                                                                          | 10 mg *       |
| Cranberry Concentrate (Vaccinium macrocarpon)                                                                     | 10 mg *       |
| Silica (as Silicon Dioxide)                                                                                       | 4 mg *        |
| Boron (as Hydrolyzed Protein Chelate)                                                                             | 2 mg *        |
| Lutemax 2020™ Lutein                                                                                              | 950 mcg *     |
| Lycopene                                                                                                          | 950 mcg *     |
| Zeaxanthin (as Zeaxanthin Isomers)                                                                                | 190 mcg *     |
| Astaxanthin                                                                                                       | 50 mcg *      |
| Vanadium (as Sodium Metavanadate)                                                                                 | 10 mcg *      |

\* Daily Value not established.

Lot No./Best By: