

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.

Conforms to USP <2091> for weight.

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



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

ACTUAL SIZE

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



**WOMEN'S ULTRA MEGA®
ENERGY AND METABOLISM**

Advanced Nutritional Support

- Includes 1,600 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.*
- Supplies B-vitamins that are essential for energy production and metabolism.*
- Provides important bone-strengthening nutrients including 500 mg of calcium, magnesium and vitamin D-3 that are essential in the development of healthy bones and teeth.* Adequate calcium and vitamin D in a healthy diet throughout life may reduce the risk of osteoporosis.

Calorie Burning Support

- Features an energy and metabolism blend that helps boost energy and metabolism and support calorie burning.* The components in this blend also help support mental focus.*

Antioxidant Protection

- Contains a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.*
- Combines lutein and zeaxanthin to support eye health with lycopene, an antioxidant from tomatoes to support cardiovascular health.*

Timed-release caplets provide a gradual release of vital nutrients.

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

*Compared to leading brands.

* 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.

2X MORE D-3†



**WOMEN'S
ULTRA
MEGA®
Energy and
Metabolism**

Dietary Supplement

**CLINICALLY STUDIED
MULTIVITAMIN***

- With 1,600 IU of vitamin D-3 for breast and bone health*
- Calorie burning support*
- Boosts energy and metabolism*
- Supports mental focus*

**Timed-Release
180 CAPLETS**



**CLINICALLY
STUDIED***

Energy

CODE 178922

EMG

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% as 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 Phytoladione)	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)	50 mg	500%
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%
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%
Energy & Metabolism Blend	119 mg	*
Caffeine Anhydrous, Capsimax™ Capsicum Seed Extract, Black Pepper Extract		*
Green Tea Leaves Extract (Camellia sinensis)	40 mg	*
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	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.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Vegetable Acetoglycerides, Riboflavin, Chlorophyll, Sucralose.

CONTAINS: Fish and Soybeans.

Each serving supplies approximately 100mg of caffeine.

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.