

WOMEN'S ULTRA MEGA® MAXIMUM NUTRITION FORMULA

Women's Ultra Mega® Maximum Nutrition Formula is more than just a multivitamin. It features the benefits of our Women's Ultra Mega® multivitamin plus 6 grams of protein, 5 grams of fiber and additional nutrients like essential fatty acids, phytosterols and cranberry. Women's Ultra Mega® Maximum Nutrition Formula mixes easily with water providing superior absorption of its nutrients in the body.

Bone Health

- Delivers 1,000 mg of calcium and 2,000 IU of vitamin D-3 which enhance calcium absorption and 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.

Heart and Cholesterol Support

- Contains 2 grams of heart-healthy omega-3 and omega-6 fatty acids.
- Supplies phytosterols - foods containing at least 400 mg per serving of free phytosterols, eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving provides 800 mg of free phytosterols.
- Combines vitamins B-6, B-12 and folic acid that may play a role in the maintenance of normal homocysteine levels, important for cardiovascular health.*

Digestive Support

- Includes 5 grams of dietary fiber. Fiber serves as a bulk forming agent and encourages colon health by helping to speed food throughout the digestive system.* Fiber also plays an important role in cleansing.*

Energy Production

- Supplies B-vitamins that are essential for carbohydrate metabolism and energy production.*
- Contains key minerals such as zinc and chromium that are involved in carbohydrate metabolism and glucose utilization.*

Eye Health

- Contains vitamin A, astaxanthin, zeaxanthin and lutein for eye health and normal vision.*

Immune Protection

- Features vitamin C and zinc to boost your body's natural immune response.* Also enhanced with key antioxidants to protect your body from harmful free radicals.*

*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.

* 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.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Place UPC
Here

0 48107 10201 2



WOMEN'S ULTRA MEGA®

Maximum Nutrition

Dietary Supplement

ADVANCED NUTRITIONAL SUPPORT FOR WOMEN

- Multivitamin & mineral support
- Strengthens bones with 1,000 mg calcium
- Heart & cholesterol support
- Digestive support
- Energy production
- Immune protection
- Eye health

Natural and Artificial Flavor
VANILLA CREME

GREAT-TASTING



CLINICALLY
STUDIED[†]

NET WT 36 OZ (2.25 LB) 1020 G

LLG
CODE 171073

Directions: As a dietary supplement, mix two level scoops (34 g) with 8 - 12 fl. oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. The amount of liquid may vary depending on thickness desired.

Supplement Facts

Serving Size Two Level Scoops (34 g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 100	
Calories from Fat 20	

% Daily Value

Total Fat 3 g	5%†
Saturated Fat 0.5 g	3%†
Cholesterol 10 mg	3%†
Total Carbohydrate 14 g	5%†
Dietary Fiber 5 g	20%†
Sugar 0 g	*
Protein 6 g	

Vitamin A 5000 IU 100%
(50% as Retinyl Acetate, 50% as beta-Carotene)

Vitamin C 200 mg 330%
(as Calcium Ascorbate and Ascorbic Acid)

Vitamin D (as Cholecalciferol D-3) 2000 IU 500%

Vitamin E 30 IU 100%
(as Natural d-alpha Tocopheryl Acetate)

Vitamin K-1 (as Phytionadione) 80 mcg 100%

Thiamin (Vitamin B-1)(as Thiamin Mononitrate) 50 mg 3330%

Riboflavin (Vitamin B-2) 50 mg 2940%

Niacin (as Niacinamide and Niacin) 50 mg 250%

Vitamin B-6 (as Pyridoxine HCL) 50 mg 2500%

Folic Acid 400 mcg 100%

Vitamin B-12 (as Cyanocobalamin) 50 mcg 8330%

Biotin 300 mcg 100%

Pantothenic Acid (as Calcium D-pantothenate) 50 mg 500%

Calcium (as Calcium Carbonate) 1000 mg 100%

Iron (as Ferrous Fumarate) 18 mg 100%

Magnesium (as Magnesium Oxide) 100 mg 25%

Zinc (as Zinc Oxide) 15 mg 100%

Selenium (as L-Selenomethionine) 200 mcg 265%

Iodine (as Potassium Iodide) 150 mcg 100%

Copper (as Cupric Oxide) 2 mg 100%

Amount Per Serving	% Daily Value
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium 120 mcg 100%	
(as Chromium Hydrolyzed Vegetable Protein)	
Molybdenum (as Sodium Molybdate)	75 mg 100%
Sodium 90 mg 4%	
Potassium 350 mg 10%	

% Daily Value

Antioxidant Fruit & Vegetable Blend	105 mg *
Saw Palmetto Powder, Plum Powder, Wild Blueberry Powder, Cherry Powder, Parsley Leaf Powder, Kale Leaf Powder, Spinach Leaf Powder, Wheat Grass Juice Powder, Cranberry Powder, Blueberry Powder, Strawberry Powder, Orange Powder, Raspberry Powder, Brussels Sprout Powder, Asparagus Powder, Blackberry Powder, Broccoli Powder, Bibbery Powder, Grape Skin Extract, Beet Juice Powder, Cauliflower Powder, Apricot Powder, Papaya Powder, Carrot Powder, Cabbage Powder, Garlic Powder, Grape Powder, Pineapple Powder	

Choline (as Choline Bitartrate) 10 mg *

Inositol 10 mg *

Silica (as Silicon Dioxide) 4 mg *

Boron (as Boron Hydrolyzed Vegetable Protein) 2 mg *

Lutemax 2020® Lutein 950 mcg *

Lycopene 950 mcg *

Astaxanthin (Haematococcus pulvisalis) 50 mcg *

Zeaxanthin (as Zeaxanthin Isomers) 190 mcg *

Vanadium (as Sodium Metavanadate) 10 mcg *

Essential Fatty Acid Blend 2 g *

(as High Oleic Sunflower Oil, MCT Oil, Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, and Evening Primrose Oil)

Phytosterols (Beta-Sisterol, Campesterol and Stigmasterol) 800 mg *

Fiber Blend (2.5g Inulin, 2.5g FOS) Inulin, FOS-Fructooligosaccharides, Gum Acacia, Soy Fiber, Cellulose and Resistant Starch 9.75 g *

alpha-Lipoic Acid 25 mg *

Green Tea Leaf Powder (Decaffeinated) 10 mg *

Cranberry Concentrate (Vaccinium macrocarpon) 10 mg *

*Daily Value not established.

†Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Other Ingredients: Whey Protein Concentrate, Soy Protein Isolate, Natural and Artificial Flavor, Corn Syrup Solids, Sterol Esters, Maltodextrin, Lecithin, Potassium Citrate, Sodium Caseinate, Xanthan, DiPotassium Phosphate, Mono & Diglycerides, Acesulfame-K, Sucralose.

CONTAINS: Milk and Soybeans. Manufactured on equipment which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

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.

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.

NOTICE: Significant product settling may occur.

Lutemax 2020 LUTEMAX 2020 LUTEIN & ZEAXANTHIN
Lutemax 2020™ is a trademark of OmniActive Health Technologies.

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