

CODE 329411

Directions: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Women's Ultra Mega® 50 Plus

Supplement Facts

Serving Size Two Green Capsules

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 Phylloquinone)	80 mcg 100%
Thiamin (Vitamin B-1) as Thiamin Mononitrate	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 3941%
Niacin (as Nicotinamide & 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)	600 mg 150%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 288%
Copper (as Copper 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%
Healthy Aging Free Radical Protection Blend alpha-Lipoic Acid, Green Tea Leaves Extract, Bilberry Fruit Powder, Elderberry Fruit Powder, Black Currant Fruit Powder, Blueberry Fruit Powder, Resveratrol	70 mg
Skin Health Blend Collagen, Hyaluronic Acid (HA)	50 mg
Memory Health Blend Phosphatidylserine, Choline (as Choline Bitartrate)	20 mg
Cranberry Concentrate (Hormone-free) (Hormone-free)	20 mg
Inositol	10 mg
Silica (as Silicon Dioxide)	4 mg

Amount Per Serving	% Daily Value
Bone (as Hydrolyzed Protein Chelate)	2 mg
Lutein (as Lutein)	950 mcg
Lycopene	950 mcg
Zeaxanthin (as Zeaxanthin Isomers)	150 mcg
Ascorbic Acid	50 mcg
Vanadium (as Sodium Manganate)	10 mcg

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Vegetable Acetoglycolides, Chlorophyll, Saccharose.

CONTAINS: Fish and Soybeans.

Fish Oil with CoQ-10

Supplement Facts

Serving Size One Green Softgel Capsule

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Vitamin E (as Natural d-alpha Tocopherol)	50 IU 100%
EPA (Eicosapentaenoic Acid/Omega-3)	360 mg
DHA (Docosahexaenoic Acid/Omega-3)	240 mg
Coenzyme Q-10 (Natural)	100 mg

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

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Soybean Oil, Chlorophyll, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Conforms to USP <2081> for weight.

Calcium & Vitamin D with MBP®

Supplement Facts

Serving Size One Beige Capsule

Amount Per Serving	% Daily Value
Calories (as Calcium Carbonate)	800 mg 80%
Vitamin D (Cholecalciferol D-3)	400 IU 100%
MBP®	40 mg

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycolides, Caramel Color, Ethyl Vanillin.

Conforms to USP <2081> for weight.

Meets USP <2040> disintegration.

CONTAINS: Milk.

Suitable for individuals following a low lactose diet.

Phytosterols

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	% Daily Value
Phytosterols	800 mg

* Daily Value not established.

Other Ingredients: Calcium Carbonate, Cellulose, Corn Starch, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycolides.

Conforms to USP <2081> for weight.

Meets USP <2040> disintegration.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

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General Nutrition Corporation

Pittsburgh, PA 15222

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Memorall®

Supplement Facts

Serving Size One Dark Brown Softgel Capsule

Amount Per Serving	% Daily Value
Calories	5
Calories from Fat	5
Total Fat	0.5 g 1%
Vitamin A (as beta-Carotene)	1100 IU 22%
Vitamin E (as d-alpha Tocopheryl Acetate)	15 IU 50%
Folic Acid	200 mcg 50%
Vitamin B-12 (as Cyanocobalamin)	5 mcg 100%
EPA (Eicosapentaenoic Acid/Omega-3) as Fish Body Oil	100 mg
DHA (Docosahexaenoic Acid/Omega-3) as Fish Body Oil	75 mg
Ginkgo Biloba Leaves Extract	60 mg
Phosphatidylserine (as Soy Lecithin)	15 mg
Coenzyme Q-10	5 mg
Citrus Bioflavonoids	5 mg
Superzine A	30 mg

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).

CONTAINS: Soybeans.

Conforms to USP <2081> for weight.

Meets USP <2040> disintegration.

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 Colors, No Wheat, No Gluten, Yeast Free.

To ensure a complete nutritional program, take daily with these GNC products:

• Ultra Probiotic Complex 25 • SuperFoods Supreme

• Ocular Formula • TriFlex™

GNC

WOMEN'S ULTRA MEGA® 50 Plus

Dietary Supplement

VITAPAK® PROGRAM

- Clinically studied multivitamin^a with 2,000 IU of vitamin D-3 for breast and immune health^a
- Supports memory retention and brain function with specialized Memorall® formula^a
- May reduce the risk of heart disease with 800 mg of phytosterols^a
- Bone building formula featuring 1,100 mg of calcium^a



30 PACKS

CLINICALLY STUDIED^a

WOMEN'S ULTRA MEGA® 50 PLUS

Women's Ultra Mega® 50 Plus Vitapak® Program is a scientifically designed, healthy aging program that conveniently combines specialty formulas to support a woman's overall nutritional needs.

- **Women's Ultra Mega® 50 Plus** – Our premium, clinically studied^a multivitamin scientifically designed to include nutrients that support overall healthy aging.* It contains 1,600 IU of vitamin D-3 for breast and bone health, as well as a memory healthy blend to promote a healthy nervous system and support memory function.* This timed-release formula combines B-vitamins that are essential for energy production and antioxidants to protect from free radicals that can destroy healthy cells with lutein and zeaxanthin for eye health.*
- **Memorall®** – Combines special ingredients that may support healthy brain function and memory retention.* Features ginkgo biloba that helps support increased blood flow to the brain, Superzine A that helps prevent the breakdown of key neurotransmitters in the brain, and DHA, an important omega-3 fatty acid which is a key structural fatty acid in the brain.*
- **Phytosterols** – Natural compounds found in fruits, vegetables and whole grains that help block cholesterol absorption. Phytosterols are clinically shown to support healthy cholesterol levels and may reduce the risk of heart disease.* Each daily serving provides the clinically studied dose of 800 mg of phytosterols.
- **Calcium & Vitamin D with MBP®** – Features 600 mg of calcium, 400 IU of vitamin D-3, and 40 mg of clinically studied MBP® to support natural bone building.* These bone-strengthening nutrients 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. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.* Emerging research indicates that MBP® supports the body's natural ability to build and maintain bone mass by supporting the body's bone building cells.*
- **Fish Oil with CoQ-10** – Packed with 100 mg of CoQ-10 to produce cellular energy, healthy heart and blood vessel function, and 600 mg of total omega-3 fatty acids to help support heart health.* Fish oil helps maintain healthy cholesterol and blood pressure levels, and supports joint, brain, eye and skin health.*

^aDiets low in saturated fat and cholesterol that include two servings of a dietary supplement that provide a daily total of at least 800 mg of plant phytosterols in two meals may reduce the risk of heart disease. A serving of Women's Ultra Mega® 50 Plus Vitapak supplies 800 mg of plant phytosterols.

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.

^aThese statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.