

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.

* 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.

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

For more information: 1-888-462-2548

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Distributed by: General Nutrition Corporation
Pittsburgh, PA 15222

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2X MORE D-3¹



WOMEN'S ULTRA MEGA[®] 50 Plus

Dietary Supplement

CLINICALLY STUDIED
MULTIVITAMIN[^]

- With 1,600 IU of vitamin D-3 for breast and bone health*
 - Supports memory function*
- Timed-Release
60 CAPLETS**



CLINICALLY
STUDIED[^]

50 Plus

CODE 178512

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

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 Phytonadione)	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%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	15 mg	100%

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%
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 (Vaccinium macrocarpon)	20 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, Chlorophyll, Sucralose. **CONTAINS: Fish and Soybeans.** *See carton for related information.

ILG

Lot No./Best By: