

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

Supplement Facts

Serving Size Two Caplets

Servings Per Container 45

Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene & 50% as Acetate)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D (as Cholecalciferol D-3)	600 IU	150%
Vitamin E	100 IU	333%
(as Natural d-alpha Tocopheryl Succinate & Mixed Tocopherols)		
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Folic Acid	600 mcg	150%
Vitamin B-12 (as Cyanocobalamin)	150 mcg	2500%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg	1000%
Calcium (as Calcium Carbonate)	100 mg	10%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
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%
Choline (as Choline Bitartrate)	55 mg	*
alpha-Lipoic Acid	50 mg	*
Inositol	25 mg	*
Amylase	20 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	15 mg	*
Citrus Bioflavonoids Complex	12.5 mg	*
Hesperidin Complex	12.5 mg	*
Quercetin (as Quercetin Dihydrate)	12.5 mg	*
Rutin Powder	12.5 mg	*
Cellulase	12 mg	*
Lipase	12 mg	*
Protease	6 mg	*
Boron (as Hydrolyzed Protein Chelate)	1 mg	*
Lutein (as Lutein Esters)	950 mcg	*
Lycopene	950 mcg	*
Tocotrienol Complex	900 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Caramel Color, Carmine Color, Maltodextrins, Medium Chain Triglycerides, Natural Vanilla Flavor, Sucralose, Titanium Dioxide (Natural Mineral Whitener).

CONTAINS: MILK



Ultra Mega GOLD[®]

DIETARY SUPPLEMENT

Nutrient-dense multivitamin, mineral and antioxidant formula designed to support:

- Energy Production
- Heart Health
- Eye Health
- Healthy Digestion

90 CAPLETS

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.

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

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Disintegrates over five hours for timed-release benefit.

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
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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!

Go for the gold with GNC's most potent multiple vitamin for men and women. Ultra Mega[®] Gold is scientifically designed and combines important ingredients essential to maintaining good health. Just two timed-release caplets provide important vitamins, minerals, enzymes and antioxidants.

Energy Production & Metabolism

- Features a 100 mg B-vitamin complex. B-vitamins are essential for carbohydrate metabolism and energy production.*
- Minerals play an important role in maintaining health and are involved in key processes in the body including metabolism.*

Heart & Eye Health

- Includes lycopene and B-vitamins such as folic acid, B-6 and B-12 that are important for maintaining cardiovascular health.*
- Provides lutein, an important carotenoid, that supports eye health.*

Healthy Digestion

- Enzymes such as protease, lipase and amylase facilitate normal digestion by breaking food down into simpler compounds so the body can use the food's nutrients.*

Antioxidant Protection

- Offers protection from harmful free radicals that can destroy healthy cells and promote the cell-aging process.*
- Combines antioxidant vitamins C and E with alpha-lipoic acid, a tocotrienol complex, green tea and lycopene.

For a complete nutritional program, be sure to include GNC's Ultra Mega Gold in your daily regimen.

*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.