

**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.

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

Conforms to USP <2091> for weight.



MBP® is registered in the U.S.A. by Snow Brand Milk Products Co., Ltd.  
U.S. Patent No. 5,932,259.



Lutemax 2020™ is a trademark of  
OmniActive Health Technologies.

^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.

**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

#### 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!



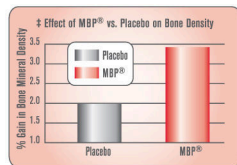
Please recycle this box.

## WOMEN'S ULTRA MEGA® BONE DENSITY

GNC Women's Ultra Mega® Bone Density is a scientifically designed multiple vitamin and mineral formula that emphasizes key nutrients for bone health. This premium, clinically studied formula boasts similar attributes as traditional Women's Ultra Mega® but is enhanced with 1,000 mg of calcium, 2,000 IU of vitamin D-3 and 40 mg of MBP®, a protein complex derived from milk.

#### MBP®

- A functionally active protein complex isolated and purified from milk protein. 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.\*



†Percent gain in bone density (left calcaneus) over six months. In a double-blind, placebo-controlled study, 33 adult females were supplemented with 40 mg/day MBP® (n = 17) or placebo (n = 16) in a beverage for six months. Bone density was measured at baseline and after six months by Dual Energy X-Ray Absorptiometry (DEXA). The diets of both groups were monitored during this time and found to be no different.

#### Calcium and Magnesium

- Important structural components of bone that help maintain healthy bone matrix.\* Each daily serving provides 1,000 mg of calcium and 250 mg of magnesium. \*Adequate calcium and vitamin D in a healthy diet throughout life may reduce the risk of osteoporosis.

#### Vitamin D-3

- Includes 2,000 IU of vitamin D-3 which is essential for healthy bones and teeth.\* Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.

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

\*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® Bone Density

Dietary Supplement

### CLINICALLY STUDIED MULTIVITAMIN\*

- With 2,000 IU of vitamin D-3 for breast and bone health\*
- 1,000 mg of calcium providing 100% daily requirement
- Build and maintain bone mass\*
- May reduce the risk of osteoporosis\*

Timed-Release  
120 CAPLETS



CLINICALLY  
STUDIED\*

Bone Density

CODE 178612

JLG

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

## Supplement Facts

Serving Size Four 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)	2000 IU 500%
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 Niacin & Nicotinamide)	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)	1000 mg 100%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	250 mg 63%
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%
MBP®	40 mg *
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Green Tea Leaf Extract ( <i>Camellia sinensis</i> )	10 mg *
Cranberry Concentrate ( <i>Vaccinium macrocarpon</i> )	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), Carmine Color, Natural Vanilla Flavor, Vegetable Acetoglycerides, Sucralose.

**CONTAINS: Fish and Milk.**

Suitable for individuals following a low lactose diet.