

**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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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

**Lutemax 2020™** Lutein & Zeaxanthin  
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

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!



Please recycle this box.

**WOMEN'S ULTRA MEGA®**

The latest scientific research suggests that all adults can benefit from taking a multiple vitamin daily. Women's Ultra Mega® is a premium multivitamin to supplement key nutrients missing in your daily diet.

**Advanced Nutritional Support**

- Includes 1,600 IU of vitamin D-3 for breast, colon and bone health and immune support. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and bone health.\*
- Supplies B-vitamins that are essential for energy production and metabolism.\* Each daily dose supplies a 50 mg B-vitamin complex including 400 mcg of folic acid that is essential for DNA formation.\*
- Includes 18 mg of iron, a vital nutrient that plays an essential role in forming healthy red blood cells and transporting oxygen.\*

**Hair, Skin & Nails Blend**

- Enriched with ingredients such as biotin, antioxidants, collagen and hyaluronic acid that support the matrix of hair, skin and nails.\*

**Bone Health**

- Features important bone-strengthening nutrients including 500 mg of calcium, magnesium and vitamin D-3 that 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.

**Antioxidant Protection**

- Contains a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.\*
- Combines cranberry, which supports a healthy urinary tract with lutein and zeaxanthin to support eye health and lycopene, an antioxidant from tomatoes to support cardiovascular health.\*

\*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®**

Dietary Supplement

**CLINICALLY STUDIED MULTIVITAMIN^**

- With 1,600 IU of vitamin D-3 for breast and bone health\*
- Hair, skin and nails blend with collagen and biotin
- Strengthens bones with 500 mg of calcium\*
- Fights cell aging with advanced antioxidant blend\*

Easy to Swallow  
**120 CAPSULES**



CLINICALLY STUDIED^

Ultra Mega®

CODE 1792112  
**Directions:** As a dietary supplement, take four capsules daily with food.

**Supplement Facts**

Serving Size Four Capsules  
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%   |
| Iron (as Ferrous Fumarate)                                                                                                                                                                                          | 18 mg         | 100%  |
| Iodine (as Potassium Iodide)                                                                                                                                                                                        | 150 mcg       | 100%  |
| Magnesium (as Magnesium Oxide)                                                                                                                                                                                      | 100 mg        | 25%   |
| 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%  |
| Superfoods Fruit and Vegetable Blend                                                                                                                                                                                | 105 mg        | *     |
| Orange Peel Powder, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder |               |       |
| Beauty Blend                                                                                                                                                                                                        | 100 mg        | *     |
| Green Tea Leaf Extract (Camellia sinensis), alpha-Lipoic Acid, Collagen, Hyaluronic Acid (HA)                                                                                                                       |               |       |
| Choline (as Choline Bitartrate)                                                                                                                                                                                     | 10 mg         | *     |
| Inositol                                                                                                                                                                                                            | 10 mg         | *     |
| Silica (as Silicon Dioxide)                                                                                                                                                                                         | 4 mg          | *     |
| Boron (as Hydrolyzed Protein Chelate)                                                                                                                                                                               | 2 mg          | *     |
| Lycopene                                                                                                                                                                                                            | 950 mcg       | *     |
| Lutemax 2020™ Lutein                                                                                                                                                                                                | 950 mcg       | *     |
| Zeaxanthin (as Zeaxanthin Isomers)                                                                                                                                                                                  | 190 mcg       | *     |
| Astaxanthin                                                                                                                                                                                                         | 50 mcg        | *     |
| Vanadium (as Sodium Metavanadate)                                                                                                                                                                                   | 10 mcg        | *     |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Gelatin.

**CONTAINS: Fish and Soybeans.**

**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.