

Conforms to USP <2091> 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

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

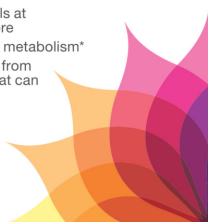
WOMEN'S ULTRA MEGA® Basics

Dietary Supplement

MULTIVITAMIN FOR WOMEN

- 13 vitamins and minerals at 100% daily value or more
- B vitamins for energy & metabolism*
- Antioxidants to protect from harmful free radicals that can damage healthy cells*

130 CAPLETS



CODE 715022

Directions: As a dietary supplement, take one caplet daily.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
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Vitamin A	3500 IU	70%
(29% as beta-Carotene & 71% as Retinyl Acetate)		
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol D-3)	400 IU	100%
Vitamin E	30 IU	100%
(as Natural dl-alpha Tocopheryl Acetate)		
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamin (Vitamin B-1)	1.5 mg	100%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6	2 mg	100%
(as Pyridoxine Hydrochloride)		

Amount Per Serving	% Daily Value
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Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid	10 mg	100%
(as Calcium d-Pantothenate)		
Calcium	200 mg	20%
(as Calcium Carbonate & Dicalcium Phosphate)		
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus	20 mg	2%
(as Dicalcium Phosphate)		
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Copper Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%

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Chromium (as Chromium Picolinate)	35 mcg	29%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
<hr/>		
Silicon	2 mg	*
(as Sodium Metasilicate & Calcium Silicate)		
Boron (as Sodium Borate)	75 mcg	*
Tin (as Stannous Chloride)	10 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Nickel (as Nickel Sulfate)	5 mcg	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin, Croscarmellose Sodium, Stearic Acid, Polyvinyl Alcohol, Titanium Dioxide, Polyethylene Glycol, Magnesium Stearate, Silicon Dioxide, FD&C Yellow #6 Lake.

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* 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.

Lot No./Best By:

