

CODE 208712

Directions: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Women's Ultra Mega® Multivitamin

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Light Green Caplets	
Vitamin A (50% as beta-Carotene & 50% 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 & Calcium Ascorbate)	500 mg 50%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	200 mcg 286%
Copper (as Copper Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%

Amount Per Serving	% Daily Value
Super Antioxidant Blend	
alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (CurcuWIN™)(<i>Curcuma longa</i>) (Standardized to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Fruit & Vegetable Blend	
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Fruit Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder	15 mg *

ACTUAL SIZE

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Amount Per Serving	% Daily Value
Beauty Blend	
Green Tea Leaf Extract (<i>Camellia sinensis</i>)(Standardized to Polyphenols)	14 mg *
Silica (as Silicon Dioxide)	4 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)(Standardized to Polyphenols)	1 mg *
Brain Health Blend	
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Boron (as Sodium Borate)	2 mg *
GABA (gamma-Aminobutyric Acid)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Chlorophyll, Stevia Leaf Extract.
CONTAINS: Fish and Soybeans.
 Conforms to USP <2091> for weight.

Super Antioxidant Stress & Beauty Complex

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Capsule	
Superfood Beauty Blend	
Cocoa Seed Powder (<i>Theobroma cacao</i>), Cranberry Fruit Powder (<i>Vaccinium macrocarpon</i>), Amla Fruit Extract (<i>Embelica officinalis</i>), Pomegranate Fruit Extract (<i>Punica granatum</i>), Olive Fruit Extract (<i>Olea europaea</i>), Green Tea Leaf Extract (<i>Camellia sinensis</i>) (80% Polyphenols = 8 mg), Red Orange Fruit and Peel Extract (<i>Citrus sinensis</i>), Lutemax® 2020 Lutein, Lycopene, Zeaxanthin (as Zeaxanthin Isomers)	218 mg*
Suntheanine® L-Theanine	50 mg*
MegaNatural® Grape Skin & Seed Extract (<i>Vitis vinifera</i>)	25 mg*
Turmeric Root Extract (CurcuWIN™)(<i>Curcuma longa</i>) (Standardized to Curcuminoids)	10 mg*

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Silica.
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

KRG

Digestive Enzyme Blend

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Capsule	
Proprietary Enzyme Blend	
Amylase	3500 DU
Protease 4,5	7500 HUT
Lipase	125 FIP
Protease 3,0	8 SAPU
Protease 6,0	1000 HUT

* Daily Value not established.
Other Ingredients: Maltodextrin, Vegetable Cellulose Capsule, Medium Chain Triglycerides.
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

ACTUAL SIZE

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, Gluten Free, No Dairy.

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 USA



Essential Fatty Acid Nutrition

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Yellow Softgel	
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
Total Omega-3s	902 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	600 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	200 mg *
Other Omega-3s	102 mg *
GLA (gamma-Linolenic Acid)	50 mg *

† Percent Daily Value not established.
 * Daily Value not established.
Other Ingredients: Fish Body Oil, Gelatin, Safflower Oil, Glycerin.
 Potency verified by GNC procedure #5123.
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

ACTUAL SIZE

CurcuWIN™ is a trademark of OmniActive Health Technologies.
Lutemax® 2020 is a trademark of OmniActive Health Technologies.
MegaNatural® and its logo are trademarks of Constellation Brands, Inc.
Suntheanine® is a registered trademark of Taiyo International, Inc.

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.



WOMEN'S ULTRA MEGA® Wellness

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants • Heart Health*
- Beauty • Digestion*

CLINICALLY STUDIED^



30 PACKS



WOMEN'S ULTRA MEGA® Wellness

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- ✔ **Women's Health**
Contains a clinically studied women's multivitamin formula shown to work better than a basic multivitamin.^ Helps support bone health.*
- ✔ **Antioxidants**
Packed with antioxidants for cell protection and immune support.*
- ✔ **Heart Health**
Has EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels.*
- ✔ **Beauty**
Contains biotin to support healthy hair, skin and nails. Also includes ingredients for additional skin support.*
- ✔ **Digestion**
Helps you digest key nutrients for the energy you need.*

* 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.

