

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

Lutemax® 2020 is a trademark  
of OmniActive Health Technologies.

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

\* 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.

**GNC**

# WOMEN'S ULTRA MEGA® One Daily

Dietary Supplement

**ONE PER DAY MULTIVITAMIN**

- Supports healthy hair, skin & nails with biotin & collagen\*
- Has cranberry for urinary tract health\*

60 CAPLETS



CODE 179622

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

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate) .....	3500 IU... 70%
Vitamin C (as Ascorbic Acid) .....	100 mg... 167%
Vitamin D (as Cholecalciferol D-3) .....	1200 IU... 300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)...	35 IU... 117%
Vitamin K (as Phytonadione).....	80 mcg... 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)....	1.65 mg... 110%
Riboflavin (Vitamin B-2) .....	1.87 mg... 110%
Niacin (as Niacinamide) .....	20 mg... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	2.2 mg... 110%
Folic Acid .....	800 mcg... 200%
Vitamin B-12 (as Cyanocobalamin) .....	25 mcg... 417%
Biotin .....	300 mcg... 100%
Pantothenic Acid (as Calcium d-Pantothenate) .....	16.5 mg... 165%
Calcium .....	500 mg... 50% (as Calcium Carbonate & Dicalcium Phosphate)
Iron (as Ferrous Fumarate) .....	18 mg... 100%
Phosphorus (as Dicalcium Phosphate).....	15 mg... 2%
Iodine (as Potassium Iodide) .....	150 mcg... 100%
Magnesium (as Magnesium Oxide) .....	100 mg... 25%
Zinc (as Zinc Oxide) .....	30 mg... 200%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite).....	70 mcg... 100%
Copper (as Cupric Oxide) .....	2 mg... 100%
Manganese (as Manganese Sulfate).....	2 mg... 100%
Chromium (as Hydrolyzed Protein Chelate).....	200 mcg... 167%
Molybdenum (as Hydrolyzed Protein Chelate) .....	75 mcg... 100%
Chloride (as Potassium Chloride).....	72 mg... 2%
Potassium (as Potassium Chloride) .....	80 mg... 2%

### Brain Health Blend

Choline (as Choline Bitartrate).....	2.5 mg.....*
Inositol.....	2.5 mg.....*

### Eye Health & Antioxidant Protection Blend

Lutemax® 2020 Lutein .....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg.....*

### Women's & Urinary Tract Health Blend

Cranberry Fruit Concentrate .....	10 mg.....*
Boron (as Hydrolyzed Protein Chelate).....	150 mcg.....*
Tin (as Stannous Chloride) .....	10 mcg.....*
Vanadium (as Vanadyl Sulfate).....	10 mcg.....*
Nickel (as Nickel Sulfate) .....	5 mcg.....*

### Beauty from Within Blend

Collagen Hydrolysate .....	5 mg.....*
Silica (as Silicon Dioxide) .....	2 mg.....*

\* Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Vegetable Acetylglycerides, Glycerin, Polyethylene Glycol, Polysorbate 80, Sucralose, Carmine (Color).

**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.

FSG

Lot No./Best By: