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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



**PHYSICIAN
ENDORSED***

♦ This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

*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.

GNC QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC

WOMEN'S
ULTRA MEGA®
50 Plus

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✔ **Women's Health**
Contains a clinically studied women's multivitamin shown to work better than a basic multivitamin.*
- ✔ **Antioxidants**
Packed with antioxidants to help protect against harmful free radicals that can destroy healthy cells and promote cell aging.*
- ✔ **Bone Health**
Contains a potent calcium and vitamin D complex to support strong bones.*
- ✔ **Skin Support**
Includes lutein to support skin hydration and hyaluronic acid, which plays a role in maintaining skin elasticity.*


* 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®
50 Plus

Dietary Supplement
CLINICALLY STUDIED MULTIVITAMIN*

- Antioxidants
- Bone Health
- Skin Support



**PHYSICIAN
ENDORSED***

Timed-Release
60 CAPLETS

NEW!
SMALLER
PILLS

CODE R254S
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Caplets Servings Per Container 30	
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%
Iodine (as Potassium Iodide)	150 mcg 100%
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%
Super Antioxidant Blend	
alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (CurcuWIN®)(Curcuma longa)(Standardized to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematococcus pluvialis)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Brain & Circulatory Support	
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Ginkgo biloba Powder	5 mg *
Bacopa monnieri Leaf Extract	4 mg *
Boron (as Sodium Borate)	2 mg *
Phosphatidyl Serine	2 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Eye & Skin Health Complex	
Silica (as Silicon Dioxide)	4 mg *
Black Currant Fruit Extract (Ribes nigrum)	2.5 mg *
Blueberry Fruit Powder (Vaccinium angustifolium)	2.5 mg *
Cranberry Fruit Concentrate (Vaccinium macrocarpon)	2.5 mg *
Bilberry Fruit Powder (Vaccinium myrtillus)	2.5 mg *
Elderberry Fruit Powder (Sambucus nigra)	2.5 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg *
Resveratrol	1 mg *
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg *

* Daily Value not established.

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.
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.