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KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC

WOMEN'S ULTRA MEGA® without Iron & Iodine



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 formula shown to work better than a basic multivitamin. ^ Helps to support bone health.*

✔ **Antioxidants**
Packed with antioxidants for cell protection and stress defense.*

✔ **Immune Support**
Supports immune health with 30% more absorption of key immune and stress defense nutrients. ^*

✔ **Beauty**
Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration for 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.

^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.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.

GNC

WOMEN'S ULTRA MEGA® without Iron & Iodine

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN ^

- Antioxidants
- Immune Support*
- Beauty



CLINICALLY
STUDIED ^

Timed-Release
90 CAPLETS

CODE 202612

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 45

Amount Per Serving	% Daily Value
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 Phytanadiene).....	80 mcg.....100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	50 mg.....3333%
Riboflavin (Vitamin B-2).....	50 mg.....2341%
Niacin (as Nicotinamide & Niacin).....	50 mg.....254%
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.....100%
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)(Std. to Curcuminoids).....	500 mcg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg.....*
Astaxanthin (from Haematococcus pluvialis).....	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 Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder	15 mg.....*

Beauty Blend	
Green Tea Leaf Extract (Camellia sinensis)(Standardized to Polyphenols).....	14 mg.....*
Silica (as Silicon Dioxide).....	4 mg.....*
Hyaluronic Acid (as Sodium Hyaluronate).....	1 mg.....*
Grape Seed Extract (Vitis vinifera)(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.....*

* 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.