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.

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FPO

GNC

WOMEN'S ULTRA MEGA®

50 Plus One Daily

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Has antioxidants to combat cell aging*
- Includes support for skin, brain & eye health*

60 CAPLETS

CODE 179722 FSG

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) 150 mg	250%
Vitamin D (as Cholecalciferol D-3) 1200 IU	300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate) 35 IU	117%
Vitamin K (as Phytonadione) 60 mcg	75%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 4.95 mg	330%
Riboflavin (Vitamin B-2) 3.74 mg	220%
Niacin (as Niacinamide) 22 mg	110%
Vitamin B-6 (as Pyridoxine Hydrochloride) 6.6 mg	330%
Folic Acid 600 mcg	150%
Vitamin B-12 (as Cyanocobalamin) 110 mcg	1833%
Biotin 300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate) 16.5 mg	165%
Calcium (as Calcium Carbonate & Dicalcium Phosphate) 500 mg	50%
Iron (as Ferrous Fumarate) 8 mg	44%
Phosphorus (as Dicalcium Phosphate) 15 mg	2%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 50 mg	13%
Zinc (as Zinc Oxide) 30 mg	200%
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	
Ginkgo biloba Leaf Extract 10 mg	*
Phosphatidylserine 2.5 mg	*
Choline (as Choline Bitartrate) 2.5 mg	*
Inositol 2.5 mg	*
Eye Health Support	
Lutemax® 2020 Lutein 1 mg	*
Urinary Tract & Women's 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	*
Skin Structure & Antioxidant Support Blend	
Collagen Hydrolysate 5 mg	*
Silica (as Silicon Dioxide) 2 mg	*
Zeaxanthin (as Zeaxanthin Isomers) 200 mcg	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener), Polydextrose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Talc, Medium Chain Triglycerides, Carmine (Color), Sucralose.

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.

Lot No./Best By: