

CODE 208412  
**Directions:** As a dietary supplement, take the contents of one pack daily with food.  
**Each pack contains:**

**Women's Ultra Mega® 50 Plus Multivitamin**

**Supplement Facts**

Serving Size Two Light Green Caplets

Amount Per Serving	% Daily Value
Vitamin A (as 50% 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 Tocopherol Acetate)	30 IU 100%
Vitamin K (as Phytanadione)	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)	500 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™)( <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

**Brain & Circulatory Support**

Choline (as Choline Bitartrate)	10 mg
Inositol	10 mg
Ginkgo biloba Leaf Powder	5 mg
Bacopa monnieri Leaf Extract	4 mg
Boron (as Sodium Borate)	2 mg
Phosphatidyl Serine	1 mg
Vanadium (as Sodium Metavanadate)	10 mcg

**Eye & Skin Health Complex**

Silica (as Silicon Dioxide)	4 mg
Black Currant Fruit Extract ( <i>Ribes nigrum</i> )	2.5 mg
Blueberry Fruit Powder ( <i>Vaccinium angustifolium</i> )	2.5 mg
Cranberry Fruit Concentrate ( <i>Vaccinium macrocarpon</i> )	2.5 mg
Bilberry Fruit Powder ( <i>Vaccinium myrtillus</i> )	2.5 mg
Elderberry Fruit Powder ( <i>Sambucus nigra</i> )	2.5 mg
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg
Resveratrol	1 mg
Grape Seed Extract ( <i>Vitis vinifera</i> )(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.**

Conforms to USP <2091> for weight.

**Healthy Aging Antioxidant Formula**

**Supplement Facts**

Serving Size One Capsule

Amount Per Serving	% Daily Value
Coenzyme Q-10	100 mg*
resVida® trans-Resveratrol	30 mg*
Green Tea Extract ( <i>Camellia sinensis</i> )(14% Polyphenols = 3.75 mg)	25 mg*
Turmeric Root Extract ( <i>Curcuma longa</i> )(20% Curcuminoids = 2 mg)	10 mg*
Chios Mastiha Gum Powder ( <i>Pistacia lentiscus</i> )	10 mg*
Lutemax® 2020 Lutein	2 mg*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg*

\* Daily Value not established.

**Other Ingredients:** Cellulose, Gelatin, Corn Starch, Talc, Magnesium Stearate Vegetable Source, Silicon Dioxide.

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

**Brain Health Complex**

**Supplement Facts**

Serving Size One White Capsule

Amount Per Serving	% Daily Value
Choline (as Choline Bitartrate)	180 mg*
Ginkgo biloba Leaves Extract (24% Ginkgo Flavone Glycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)	120 mg*
Phosphatidyl Choline (as Soy Lecithin)	20 mg*
Huperzine A	25 mcg*

\* Daily Value not established.

**Other Ingredients:** Gelatin, Cellulose, Silica, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener).

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

**Bone Building Complex**

**Supplement Facts**

Serving Size One Beige Caplet

Amount Per Serving	% Daily Value
Calcium (as Calcium Carbonate)	600 mg 60%
Vitamin D (as Cholecalciferol D-3)	400 IU 100%
MBP®	40 mg *

\* Daily Value not established.

**Other Ingredients:** Cellulose, Magnesium Stearate Vegetable Source, Silica, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

**CONTAINS: Milk.**

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

**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, Gluten Free.

**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**

\*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 basic 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.

**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!

**Essential Fatty Acids**

**Supplement Facts**

Serving Size One Yellow Softgel

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	1.5 g 2%†
Total Omega-3s	942 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	800 mg *
Other Omega-3s	142 mg *
GLA (gamma-Linolenic Acid)(Omega-6)	20 mg *

† Percent Daily Values are based on a 2,000 calorie diet.  
 \* Daily Value not established.

**Other Ingredients:** Fish Body Oil, Gelatin, Glycerin, Safflower Oil, Rosemary Extract (*Rosmarinus officinalis*).

**CONTAINS: Fish (Pollock, Whiting, Anchovy, Sardine, Mackerel).**

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

**CurcuWIN™** CurcuWIN™ is a trademark of OmniActive Health Technologies.

**Lutemax® 2020** Lutemax® 2020 is a trademark of OmniActive Health Technologies.

**MBP®** MBP® is registered in the U.S.A. by MEGMILK SNOW BRAND Co., Ltd.

**resVida®** resVida® is a trademark of DSM.



**WOMEN'S ULTRA MEGA® 50 Plus**

Dietary Supplement

**VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN\***

- Antioxidants • Memory Support
- Heart Health • Bone Health



**30 PACKS**



**WOMEN'S ULTRA MEGA® 50 Plus**

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.\*
- ✔ **Antioxidants**  
 Helps protect against harmful free radicals that can destroy healthy cells and promote the cell aging process.\*
- ✔ **Memory Support**  
 Includes choline to support memory function and ginkgo biloba to support mental sharpness.\*
- ✔ **Heart Health**  
 Has EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels.\*
- ✔ **Bone Health**  
 Features MBP®, which is clinically studied to support the body's natural ability to build and maintain healthy bones.\*

\* 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.