

**WARNING:** Cancer and reproductive harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)  
 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.  
 Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

No Artificial Flavors, Gluten Free, No Milk, Porcine Free.



**KEEP OUT OF REACH OF CHILDREN.**  
 Store in a cool, dry place. **GLUTEN FREE**

For More Information:  
 1-877-462-4700  
 GNC.com

^See carton for related information.



**GNC**



**WOMEN'S**

# ultra mega®

Multivitamin

Boost Nutrients<sup>^</sup>

Energy Production<sup>\*</sup>

Immune Health<sup>\*</sup>

Dietary Supplement Timed-Release  
 180 Caplets 90-Day Supply

\*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.

CODE 202455

**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 90			
Amount Per Serving	% Daily Value		
Vitamin A	1500 mcg RAE	200 mcg	364%
(50% as beta-Carotene & 50% as Retinyl Acetate)			
Vitamin C	300 mg	2 mg	222%
(as Ascorbic Acid & Calcium Ascorbate)			
Vitamin D	(as Cholecalciferol) 50 mcg (2000 IU)	2 mg	87%
Vitamin E	(as d-alpha Tocopheryl Acetate) 20.1 mg	120 mcg	343%
(as d-alpha Tocopheryl Acetate)			
Vitamin K	(as Phytonadione) 80 mcg	75 mcg	167%
(Vitamin B-1)(as Thiamin Mononitrate)			
Riboflavin	(Vitamin B-2) 50 mg	50 mg	1000%
Niacin	(as Niacinamide & Niacin) 50 mg	50 mg	1000%
Vitamin B-6	(as Pyridoxine Hydrochloride) 50 mg	50 mg	1000%
Folate	680 mcg DFE	50 mg	1000%
(400 mcg Folic Acid)			
Vitamin B-12	(as Cyanocobalamin) 50 mcg	50 mg	1000%
Biotin	300 mcg	50 mg	1000%
Pantothenic Acid	50 mg	50 mg	1000%
(as Calcium d-Pantothenate)			
Choline	(as Choline Bitartrate) 10 mg	10 mg	2%
Calcium	(as Calcium Carbonate, Dicalcium Phosphate, Calcium d-Pantothenate & Calcium Ascorbate) 400 mg	400 mg	31%
Iron	(as Ferrous Fumarate) 18 mg	18 mg	100%
Iodine	(as Potassium Iodide) 150 mcg	150 mcg	100%
Magnesium	(as Magnesium Oxide) 50 mg	50 mg	12%
Zinc	(as Zinc Oxide) 15 mg	15 mg	136%
		Cranberry ( <i>Vaccinium macrocarpon</i> )	50 mg
		Fruit Juice Concentrate	
		alpha-Lipoic Acid	25 mg
		<b>Fruit &amp; Vegetable Blend</b>	<b>15 mg</b>
		Orange Fruit Powder, Açai Fruit Powder, Cranberry Fruit Powder, Blueberry Fruit Powder, Pomegranate Fruit Powder, Strawberry Fruit Powder, Hawthorn Berry Powder, Elderberry Fruit Powder, Grape Fruit Powder, Tomato Fruit Powder, Carrot Root Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Flower Powder, Pumpkin Seed Powder, Apple Fruit Powder, Beet Root Powder	
		Silica (as Silicon Dioxide)	5 mg
		Boron (as Sodium Borate)	2 mg
		Lutein (from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	2 mg
		Lycopene	1 mg
		Zeaxanthin (as Zeaxanthin Isomers from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	400 mcg
		Astaxanthin (from <i>Haematococcus pluvialis</i> )	50 mcg
		Vanadium (as Sodium Metavanadate)	10 mcg

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Corn Starch, Stearic Acid Vegetable Source, Polyvinyl Alcohol, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener), Talc, Riboflavin (Color), Spirulina Extract (Color), Natural Cool Vanilla Flavor, Steviol Glycosides.

**Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA**  
**Contains a bioengineered food ingredient.**

**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.