



## Empowering Women's Wellness Since 1992

Women have unique & evolving needs. Every GNC Women's product is expertly formulated by leading female dietitians and tested for quality & potency—so you can Live Well® every day.

Trust the world's best experts in women's health & wellness.

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

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



\*In a randomized, double-blind, placebo-controlled study of 111 healthy participants, those taking the GNC vitamin and mineral blend for six weeks had statistically significant increases in serum levels of a group of B vitamins and a group of antioxidants and carotenoids based on a multivariate statistical analysis when compared to those taking placebo or a basic multivitamin. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

\*In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, they burned three times more calories before, 3% more calories during, and 12 times more calories for up to one hour after exercise compared to when they took the placebo.

Clinically Backed Thermogenic

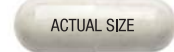
### Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size One White Capsule		
Niacin	20 mg	125%
Caffeine Anhydrous	200 mg	*
Cayenne ( <i>Capsicum annuum</i> ) Fruit Extract	33.34 mg	*
Black Pepper ( <i>Piper nigrum</i> ) Fruit Extract (Standardized to 50% Piperine = 5 mg)	10 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide.

This product contains 200mg of caffeine.



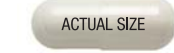
Theanine

### Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size One White Capsule		
Calcium	60 mg	5%
L-Theanine	100 mg	*

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

**OTHER INGREDIENTS:** Dicalcium Phosphate, Gelatin (Bovine and/or Porcine), Silicon Dioxide, Magnesium Stearate Vegetable Source.



## 4 GNC Products in 1 Energizing Pack

Tested for Purity & Potency



### Women's Ultra Mega® Multivitamin

GNC's best-in-class, high-potency multivitamin is clinically shown to:\*\*

- ◆ Help you feel better\*
- ◆ Work better than a basic multi\*
- ◆ Boost levels of key B vitamins, essential for energy production\*
- ◆ Boost levels of immune-supporting nutrients\*



### Clinically Backed Thermogenic

Stay alert and burn more calories with a clinically studied thermogenic blend:\*\*

- ◆ Energy boost equal to 2 cups of coffee\*
- ◆ Boost metabolism\*
- ◆ Enhance mental focus and clarity\*

Please note: Pill color has changed due to removal of artificial colors.

\* 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.



### Theanine

Elevate your focus with theanine—it's shown to work alongside caffeine to support a smoother energy-boosting experience.\*



### Triple Strength Fish Oil

Omega-3s are one of the most commonly overlooked nutrients—but they play a vital role in whole body health. Fish oil offers a simple, convenient way to fill nutritional gaps and support your body from the inside out.\*

- ◆ Supports nervous system function\*
- ◆ Encourages gut health\*
- ◆ Nourishes heart, skin & joint health\*

New: Smoother Energy Boost\*



GNC



WOMEN'S



200mg Caffeine

## energy & metabolism

### Vitapak® Program

### 4 GNC Products in 1 Energizing Pack

- ◆ Smooth Energy Boost\*
- ◆ Proven Calorie Burn\*
- ◆ Enhanced Mental Focus\*
- ◆ Boosts Metabolism\*

Dietary Supplement | 30 Packs | 30-Day Supply

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CODE 209133

**DIRECTIONS:** As a dietary supplement, take the contents of one pack daily with food. Do not take near bedtime.

Each pack contains:

Women's Ultra Mega® Multivitamin

### Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size Two Light Green Caplets		
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phytoladione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate (400 mcg Folic Acid)	680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate, Dicalcium Phosphate & Calcium Ascorbate)	400 mg	31%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	63 mg	15%
Zinc (as Zinc Oxide)	15 mg	136%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Juice Concentrate	50 mg	*
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
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, Stearic Acid Vegetable Source, Corn Starch, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Steviol Glycosides.

**CONTAINS:** Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod, or a Combination Thereof) and Soybeans.

**Distributed by:**  
GNC Holdings, LLC  
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

⚠️ **WARNING:** Cancer and Reproductive Harm — 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.

Triple Strength Fish Oil

### Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size One Yellow Softgel		
Calories	15	
Total Fat	1.5 g	2%†
Total Omega-3s (as Ethyl Esters)	1065 mg	*
Total EPA + DHA	1000 mg	*
EPA (Eicosapentaenoic Acid) Omega-3	734 mg	*
DHA (Docosahexaenoic Acid) Omega-3	267 mg	*

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

**OTHER INGREDIENTS:** Fish Oil, Gelatin, Purified Water, Glycerin, Mixed Tocopherols.  
**CONTAINS:** Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod, or a Combination Thereof) and Soybeans.



ACTUAL SIZE