

Advanced Hair, Skin & Nails Formula

Supplement Facts

Serving Size One Pearlized White Caplet

Amount Per Serving	% Daily Value	
Niacin (as Niacinamide)	5 mg	31%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg	59%
Biotin	3000 mcg	10000%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg	140%
Zinc (as Zinc Oxide)	3.75 mg	34%
Copper (as Cupric Sulfate)	0.5 mg	56%
Porcine Collagen Hydrolysate	250 mg	*
Sicilian Blood Orange (<i>Citrus sinensis</i> var <i>Moro</i>) Fruit & Peel Extract	100 mg	*
alpha-Lipoic Acid	50 mg	*
Grape (<i>Vitis vinifera</i>) Seed Extract	37.5 mg	*
Amla (<i>Phyllanthus emblica</i>) Fruit Extract	12.5 mg	*
Turmeric (<i>Curcuma longa</i>) Root Extract	12.5 mg	*
Hyaluronic Acid (from Sodium Hyaluronate)	5 mg	*
Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract)	0.5 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dextrose, Maltodextrin, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Dicalcium Phosphate and Less than 2%: Caramel (Color), Ethylcellulose, Gum Arabic, Magnesium Stearate Vegetable Source, Mica, Natural Mint Vanilla Flavor, Oleic Acid, Polydextrose, Polyethylene Glycol, Polysorbate 80, Riboflavin (Color), Silicon Dioxide, Stearic Acid Vegetable Source, Steviol Glycosides, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Triacetin, Tricalcium Phosphate, Vegetable Acetoglycerides, Zeaxanthin Isomers.

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.

No Artificial Flavors, Gluten Free, No Milk.
KEEP OUT OF REACH OF CHILDREN.
 Store in a cool, dry place.

For More Information: 1-888-462-2548, GNC.com



Triple Strength Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	15	
Total Fat	1.5 g	2%†
Total Omega-3s	1065 mg	*
Total EPA + DHA	1000 mg	*
EPA (Eicosapentaenoic Acid) Omega-3	734 mg	*
DHA (Docosahexaenoic Acid) Omega-3	267 mg	*
Other Omega-3s	65 mg	*

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

INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Ethylcellulose, Purified Water and Less than 2%: Ammonium Hydroxide, Medium Chain Triglycerides, Mixed Tocopherols, Oleic Acid, Sodium Alginate, Stearic Acid.

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

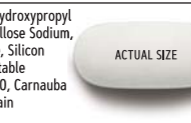
Calcium Citrate Plus™

Supplement Facts

Serving Size Two White Caplets

Amount Per Serving	% Daily Value	
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	50%
Calcium (as Calcium Citrate)	400 mg	31%
Magnesium (as Magnesium Oxide)	200 mg	48%

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate Vegetable Source, Silicon Dioxide, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carnauba Wax, Gum Arabic, Sucrose, Corn Starch, Medium Chain Triglycerides, dl-alpha Tocopherol.



Vitapak® Program

LIVE WELL®

Live well every day.
 With a clinically proven multivitamin[†], plus extra ingredients customized for your specific health needs, our Women's Live Well® Vitapak® Program will help you on your health and wellness journey.
 Your support includes:

- ✔ **Women's Overall Health & Wellness**
 Features a premium multivitamin with 18 essential vitamins and minerals at 100% RDA or more plus key ingredients targeting women's health*
- ✔ **Heart, Brain & Cardiovascular Health**
 Provides 1000 mg of EPA/DHA Omega-3s from triple strength fish oil with an enteric coating to help control fishy burps—guaranteed!
- ✔ **Bone Health**
 Delivers calcium, vitamin D plus magnesium to support strong, healthy bones*
- ✔ **Hair, Skin & Nails**
 Provides everyday beauty support with biotin, collagen, lutein and DHA omega-3 fatty acids*
- ✔ **Urinary Tract Health**
 Includes cranberry fruit to help you maintain a healthy urinary tract*
- ✔ **Immune Support**
 With vitamins C, D and B-6 plus zinc

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking 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 analysis of a group of 8 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 a placebo.

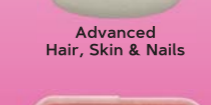
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Vitapak® Program

LIVE WELL®

Specially formulated to support women's overall health & wellness*
 Includes multivitamin + omega-3s + bone health complex + beauty formula + cranberry



DIETARY SUPPLEMENT
 30 PACKS/30-DAY SUPPLY

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CODE 210711

DIRECTIONS: As a dietary supplement, take contents of one pack daily with food. For maximum benefits, take as directed every day. Each pack contains:

Supplement Facts

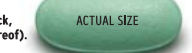
Serving Size Two Light Green Caplets

Amount Per Serving	% Daily Value	
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 Natural d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	416%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	680 mcg DFE (400 mcg Folic Acid)	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	*

Amount Per Serving	% Daily Value
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: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).
 Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
 Contains a bioengineered food ingredient.



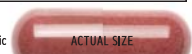
Cranberry Fruit Supplement Facts

Serving Size One Red Filled Capsule

Amount Per Serving	% Daily Value
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder	500 mg*

* Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Gelatin, Microcrystalline Cellulose, Corn Starch, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Dicalcium Phosphate and Less than 2%: Hydroxypropylcellulose, Silicon Dioxide, Sunflower Lecithin.



JZG-333