



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.

3 GNC Products in 1 Mind & Body Pack

Tested for Purity & Potency



Women's One Daily Multivitamin

GNC's science-backed multivitamin for women is formulated with 22 key nutrients—including vitamins A, C, and D—for head-to-toe wellness.*

- ◆ Supports immune health*
- ◆ Helps fuel energy production*
- ◆ Nourishes healthy hair & skin*



Stress Relief

Manage everyday stress with a combination of theanine and clinically backed Shoden® ashwagandha.*

- ◆ Targets healthy cortisol levels, a primary stress hormone*
- ◆ Helps you cope with stress from overwork & fatigue*
- ◆ Feel calm & more relaxed*

* 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.



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 Look, Same Great Stress Relieving Benefits!*

GNC

WOMEN'S



stress relief*

Vitapak® Program

3 GNC Products in 1 Mind & Body Pack

- ◆ Targets Cortisol*
- ◆ Promotes Relaxation*
- ◆ Stress Management*
- ◆ Nervous System Support*

Dietary Supplement | 30 Packs | 30-Day Supply

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CODE 220682

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Women's One Daily Multivitamin

Supplement Facts

Serving Size One White Mottled Caplet

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Acetate)	900 mcg RAE	100%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	6.7 mg	45%
Vitamin K (as Phytonadione)	10 mcg	8%
Thiamin (as Thiamin Mononitrate)	2 mg	167%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	16 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate	680 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin)	75 mcg	3125%
Biotin	75 mcg	250%
Pantothenic Acid (as Calcium Pantothenate)	5 mg	100%
Calcium (as Calcium Carbonate)	70 mg	5%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	12%
Zinc (as Zinc Oxide)	10 mg	91%
Selenium (as Sodium Selenite)	25 mcg	45%
Copper (as Copper Oxide)	1 mg	111%
Manganese (as Manganese Sulfate)	1 mg	43%
Molybdenum (as Sodium Molybdate)	25 mcg	56%
Boron (as Boron Amino Acid Chelate)	0.5 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Hydroxypropyl Cellulose, Stearic Acid Vegetable Source, Hypromellose, Magnesium Stearate Vegetable Source, Silicon Dioxide, Natural Cool Vanilla Flavor, Medium Chain Triglycerides, Steviol Glycosides.

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

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. Inform your physician of this product's biotin content before any lab test. Biotin may cause a temporary flushing reaction.

Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.

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

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



GLUTEN FREE

ACTUAL SIZE

Stress Relief

Supplement Facts

Serving Size One Beige Filled Capsule

Amount Per Serving	
Ashwagandha (<i>Withania somnifera</i>) Root & Leaf Extract (as Shoden®)(Standardized to 35% Glycwithanolides = 84 mg)	240 mg*
L-Theanine	200 mg*

* Daily Value not established.

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

ACTUAL SIZE

Fish Oil

Supplement Facts

Serving Size Two Yellow Softgels

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%†
Fish Oil (as Ethyl Esters)	943 mg	*
Total Omega-3s	500 mg	*
Total EPA + DHA	471.6 mg	*
Eicosapentaenoic Acid (EPA) Omega-3	283 mg	*
Docosahexaenoic Acid (DHA) Omega-3	188.6 mg	*

† Percent Daily Value is based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Water.
CONTAINS: Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod, or a Combination Thereof).

ACTUAL SIZE

FAG-7589