

**Women's Collagen**

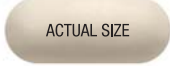
**Supplement Facts**

Serving Size One Off-White Caplet

Amount Per Serving	% Daily Value
Vitamin C	10 mg 11%
Collagen (as Hydrolyzed Bovine Collagen)	1 g *
Hyaluronic Acid (as Sodium Hyaluronate)	0.8 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate Vegetable Source, Calcium Silicate, Crospovidone, Silicon Dioxide, Carnauba Wax, Vegetable Acetoglycerides, Triacetin, Polyethylene Glycol, Polysorbate 80, Oleic Acid.



**Cognition & Focus**

**Supplement Facts**

Serving Size One Brown Capsule

Amount Per Serving	% Daily Value
Nutricog® (Terminalia chebula Fruit Extract & Boswellia serrata Gum Resin Extract)	300 mg*

\* Daily Value not established.

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



**Joint Health**

**Supplement Facts**

Serving Size One Yellow Capsule

Amount Per Serving	% Daily Value
TamaFlex®	250 mg*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Vegetable Cellulose Capsule, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Calcium Silicate.



**Blood Flow & Circulation**

**Supplement Facts**

Serving Size One White Capsule

Amount Per Serving	% Daily Value
trans-Resveratrol (as resVida®)	30 mg*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Gelatin (Bovine and/or Porcine), Stearic Acid Vegetable Source, Silicon Dioxide.



**Psyllium Seed Husk**

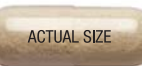
**Supplement Facts**

Serving Size One Beige Capsule

Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g <1%†
Dietary Fiber	<1 g 2%†
Psyllium Seed Husk (Plantago ovata) Powder	500 mg *

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

**OTHER INGREDIENTS:** Gelatin (Bovine and/or Porcine), Microcrystalline Cellulose, Oat (Avena sativa) Bran Powder.



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

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



resVida® is a trademark of dsm-firmenich group.  
Nutricog® is a trademark of PLT Health Solutions-Laila Nutraceuticals LLC.  
TamaFlex® is a registered trademark of NXT USA, Inc., U.S. Patent # 11,147,850.

\*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 randomized, double-blind, placebo-controlled study, 90 subjects took TamaFlex® (250 mg/d), another herbal blend or placebo for 8 weeks. TamaFlex® resulted in statistically significant improvements in (i) WOMAC (total; joint comfort, stiffness & physical function), (ii) VAS-pain, (iii) 6-minute walk test (6MWT), (iv) stair climb test (SCT), (v) Lequesne Functional Index (LFI), (vi) knee flexion. Improvements were seen in as early as 5 days.

\*In a three-month randomized, double-blind, placebo-controlled clinical trial, 87 subjects completed cognitive tests investigating metrics like short-term memory, learning, attention, spatial working memory, and other measures of cognitive function. Those who were consuming Nutricog® showed significant improvements over the placebo (P<0.05) in memory, learning capacity, attention, and overall cognitive function.

## 7 GNC Products in 1 Head-to-Toe Pack

Tested for Purity & Potency



**Women's Ultra Mega® Multivitamin**

GNC's best-in-class, high-potency multivitamin that's clinically shown to work better than a basic multivitamin at boosting key nutrients in the body.\*\*

**Psyllium Seed Husk**

Supports overall digestive health with a natural source of fiber.\*

**Cognition & Focus**

Boosts your focus and cognitive health, helping you to manage everything on your plate, with Nutricog®, a clinically studied botanical blend.\*\*

**Blood Flow & Circulation**

Supports blood vessel dilation and blood flow with resVida® resveratrol.\*

**Triple Strength Fish Oil**

Promotes whole body health with high-potency, purified EPA & DHA Omega-3 fatty acids.\*

**Women's Collagen**

Nourishes healthy skin with hyaluronic acid, vitamin C, and collagen—which also supports skin hydration and elasticity.\*

**Joint Health**

Help your joints move and feel better with results in as little as 5 days from plant-based, clinically proven TamaFlex®.\*\*

\* 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.

**New: Improved Cognitive Support Formula\***

**WOMEN'S**

**whole body**

**Vitapak® Program**

**7 GNC Products in 1 Head-to-Toe Pack**

- Healthy Skin & Joints\*
- Gut Health\*
- Cognitive Performance\*
- Comprehensive Wellness\*

**Dietary Supplement | 30 Packs | 30-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.



**WOMEN'S**



**CODE 221433**  
**DIRECTIONS:** As a dietary supplement, take the contents of one pack daily with food.  
**Each pack contains:**  
**Women's Ultra Mega® Multivitamin**

**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 d-alpha Tocopheryl Acetate)	20.1 mg 134%
Vitamin K (as Phytonadione)	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 (Vaccinium macrocarpon)	50 mg *
Fruit Juice Concentrate	
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	5 mg *
Boron (as Sodium Borate)	2 mg *
Lutein (from Marigold [Tagetes erecta] Flower Extract)	2 mg *
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
(from Marigold [Tagetes erecta] Flower Extract)	
Astaxanthin (from Haematococcus pluvialis)	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.

**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**

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
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: Soybeans and Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

