

**GNC**  
WOMEN'S

# Focus & Cognition

VITAPAK® PROGRAM

## STARTS WORKING DAY ONE.

Reach for curated convenience with multi-functional support for brain, body, and everyday wellness.\*

- ✓ **CLARITY, CONCENTRATION & PERFORMANCE** Enhance energy, mental clarity, focus, and concentration with our Cognition Complex – a targeted blend of caffeine, TeaCrine® theacrine, and Cereboost®, a clinically studied extract of American ginseng.\*
- ✓ **BRAIN HEALTH** Support cognitive function with DHA, a crucial fatty acid involved in brain structure and nervous system support.\*
- ✓ **OVERALL WELLNESS** Bolster everyday health and vitality with our clinically proven women's multivitamin blend, shown to boost levels of key nutrients with 100% or more daily value of 17 vitamins and minerals.\*\*

\*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.

**GNC**  
WOMEN'S

# Focus & Cognition

VITAPAK® PROGRAM

WITH OUR PROVEN MULTIVITAMIN BLEND\*

## Science-Backed Support for:

- Cognitive Performance\*
- Mental Clarity\*
- Focused Energy & Concentration\*



30 PACKS/30-DAY SUPPLY • DIETARY SUPPLEMENT

\*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.

STARTS WORKING DAY ONE

CODE 221812

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

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) 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 [Tagetes erecta] Flower Extract)	2 mg	*
Lycopene	1 mg	*
Zeaxanthin (as Zeaxanthin Isomers of Marigold [Tagetes erecta] Flower Extract)	400 mcg	*
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:** Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod, or a Combination Thereof) and Soybeans.

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

Contains a bioengineered food ingredient.



ACTUAL SIZE

GAG-333

Cognition Complex

## Supplement Facts

Serving Size Two Beige Capsules

Amount Per Serving		% Daily Value
American Ginseng (Panax quinquefolius L.) Root Extract (as CEREBOOST®) (Standardized to 10% Ginsenosides = 20 mg)	200 mg	*
Theacrine (as TeaCrine®)	100 mg	*
Caffeine	100 mg	*
* Daily Value not established.		

**OTHER INGREDIENTS:** Cellulose, Corn Starch, Silicon Dioxide, Stearic Acid Vegetable Source.



ACTUAL SIZE

Fish Oil

## Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Cholesterol	<5 mg	<2%
Total Omega-3s	1206 mg	*
Docosahexaenoic Acid (DHA) Omega-3	1000 mg	*
Other Omega-3s	206 mg	*
† Percent Daily Value based on a 2,000 calorie diet. * Daily Value not established.		

**INGREDIENTS:** Fish Oil, Gelatin, Purified Water, Glycerin, Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid.

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



ACTUAL SIZE

**⚠ 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.

Contains 100 mg of caffeine.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

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.

**OUR QUALITY COMMITMENT TO YOU**

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

CEREBOOST® is a trademark of Naturex SA.

TeaCrine® is a registered trademark and protected by Patents Pending, Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.