

Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%†
Cholesterol	10 mg 3%
Total Omega-3 Fatty Acids (including EPA/DHA)	300 mg *

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

INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Rosemary (*Rosmarinus officinalis*) Leaf Extract, Vitamin E.
CONTAINS: Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof) and Soy.

ACTUAL SIZE

Evening Primrose Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2%†
Polyunsaturated Fat	1 g *
Evening Primrose (<i>Oenothera biennis</i>) Seed Oil	1300 mg *
Linoleic Acid (LA)	910 mg *
gamma-Linolenic Acid (GLA)	100 mg *

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

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

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. This product contains EGCG from green tea. **Contains Black Cohosh, which is not to be used while pregnant or nursing.** Gluten Free.

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



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



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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.



Vitapak® Program

MENOPAUSE SUPPORT

Going through menopause? Don't sweat it.

This Vitapak® program features a multivitamin blend clinically proven to make you feel better* with additional ingredients designed to support women during midlife changes.* Your added support includes:

- ✔ **Menopause Support**
Includes black cohosh, traditionally used to address symptoms during menopause; soy isoflavones, which may have a mild estrogenic effect; and evening primrose oil, which may help with hormonal balance*
- ✔ **Bone Health**
Features MBP® milk protein, which is clinically studied to support the body's natural ability to build and maintain healthy bones*
- ✔ **Cardiovascular Health**
Omega-3s from fish oil and GLA from evening primrose oil help support healthy blood lipids and cardiovascular health*
- ✔ **Antioxidants**
Help protect against free radicals that can destroy healthy cells and promote the cell-aging process*

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the 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 analyses of a group of B 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 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

MENOPAUSE SUPPORT

Specially formulated for hot flashes & bone support*
Includes multivitamin + menopause formula
+ fish oil + evening primrose oil



Women's Multi



Menopause Support



Fish Oil



Evening Primrose Oil

DIETARY SUPPLEMENT
30 PACKS/30-DAY SUPPLY

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CODE 33022
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Each pack contains:
Women's Bone Density without Iron and Iodine Multivitamin

Supplement Facts

Serving Size Four Pink 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)	200 mg 222%
Vitamin D (as Cholecalciferol)	50 mcg 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	680 mcg DFE 170% (400 mcg Folic Acid)
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 & Dicalcium Phosphate)	1000 mg 77%
Magnesium (as Magnesium Oxide)	250 mg 60%
Zinc (as Zinc Oxide)	15 mg 136%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (as Cupric Oxide)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Hydrolyzed Protein Rice Chelate)	120 mcg 343%
Molybdenum (as Sodium Molybdate)	75 mcg 167%
Milk Protein (as MBP®)	40 mg *
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	10 mg *
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Concentrate	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
L-Methionine (as L-Selenomethionine)	2 mg *
Lutein (From Marigold [<i>Tagetes erecta</i>] Flower Extract)	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

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

CONTAINS: Soybeans.

CONTAINS: Fish (Cod, Pollock, Haddock, Hake, Cusk, Redfish, Sole, Flounder), Milk and Soybeans.

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

Contains a bioengineered food ingredient.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Glycerin, Gelatin (Porcine, Fish), Carmine (Color), Vegetable Acetoglycerides, Sucralose, Polyethylene Glycol, Polysorbate 80, BHA/BHT.

CONTAINS: Fish (Cod, Pollock, Haddock, Hake, Cusk, Redfish, Sole, Flounder), Milk and Soybeans.

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GNC Holdings, LLC
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

Menopause Formula

Supplement Facts

Serving Size One Brown Filled Capsule

Amount Per Serving	% Daily Value
Black Cohosh (<i>Cimicifuga racemosa</i>) Root Extract (2.5% Triterpene Glycosides = 4 mg)	160 mg*
Soy Isoflavone Concentrate (40% Isoflavones = 40 mg)	100 mg*

* Daily Value not established.

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

CONTAINS: Soybeans.

ACTUAL SIZE