

Menopause Support Formula

Supplement Facts

Serving Size One Beige Filled Clear Capsule

| Amount Per Serving                                                             |         |
|--------------------------------------------------------------------------------|---------|
| L-Theanine                                                                     | 200 mg* |
| Black Cohosh<br>(Standardized to 2.5% Triterpene Glycosides = 4 mg)            | 160 mg* |
| Siberian Rhubarb ( <i>Rheum raphonticum</i> ) Root Extract<br>(as Menofellis®) | 4 mg*   |

\* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Gelatin, Silicon Dioxide, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

Strengthera® Muscle Maintenance

Supplement Facts

Serving Size Two Brown Speckled Tablets

| Amount Per Serving                                                                                |         |
|---------------------------------------------------------------------------------------------------|---------|
| Strengthera® ( <i>Sphaeranthus indicus</i> Flower Extract & <i>Mangifera indica</i> Bark Extract) | 650 mg* |

\* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Corn Starch, Silicon Dioxide, Magnesium Stearate Vegetable Source, Carnauba Wax, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Magnesium Hydroxide.

ACTUAL SIZE

No Artificial Colors, No Artificial Flavors, Gluten Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-877-462-4700

GNC.com

Gf

GLUTEN FREE

^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.

\*A 12-week randomized, double-blind, placebo-controlled study of 92 healthy men and women over 50, participating in an at-home, exercise-band-based exercise program showed that those taking Strengthera® had significant increases in lower body strength (65.43 pounds vs. 61.226 pounds) and muscle endurance after 12 weeks vs. those who took a placebo with the same exercise. Strength improvements were seen between groups starting as early as 4 weeks.

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.

INGREDIENTS:

Fish Oil, Gelatin, Purified Water, Glycerin, Mixed Tocopherols.

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

ACTUAL SIZE

Strengthera® is a registered trademark of PLT Health Solutions and Laila Nutraceuticals, LLC.

Menofellis® is a registered trademark of Finkelberg GmbH & Co.

4 GNC Products in  
1 Balance & Vitality Pack

Tested for Purity & Potency

- Women's Ultra Mega® Multivitamin

GNC's best-in-class, high-potency multivitamin blend is clinically shown to:

  - ◆ Help you feel better\*\*
  - ◆ Work better than a basic multivitamin\*\*
  - ◆ Improve feelings of vitality\*\*
  - ◆ Boost levels of key B vitamins, essential for energy production\*\*
  - ◆ Increase levels of immune supporting nutrients\*\*

- Triple Strength Fish Oil

Omega-3s are one of the most commonly overlooked nutrients – but they play a vital role in whole body health, especially during menopause.\*

  - ◆ Nourishes heart, skin & joint health\*
  - ◆ Supports nervous system function\*
  - ◆ Encourages gut health\*

- Menopause Support Formula

Bring more balance to your mood on day one with L-theanine, plus a science-backed combination of Siberian rhubarb extract and black cohosh to provide support for:

  - ◆ Night sweats\*
  - ◆ Hot flashes\*
  - ◆ Vaginal dryness\*
  - ◆ Energy dips\*

- Strengthera® Muscle Maintenance

Muscle can naturally decline during perimenopause and menopause. Strengthera® improves muscle health with a clinically studied combination of botanical extracts.\*\*

  - ◆ Increases muscular strength & endurance\*\*
  - ◆ Improves grip strength & ability to get up & go\*\*
  - ◆ Feel the difference with your first box\*\*

\* 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 Support For Hot Flashes, Mood & Muscle\*

GNC

WOMEN'S

menopause support\*

Vitapak® Program

4 GNC Products in  
1 Balance & Vitality Pack

- ◆ Feel More Energetic\*
- ◆ Calms Hot Flashes & Mood Changes\*
- ◆ Strength & Vitality\*
- ◆ Bone, Heart & Joint Health\*

CODE 330333

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<br>(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<br>(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%  |

\* Daily Value not established.

Craberry (*Vaccinium macrocarpon*) 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

400 mcg

\*

(as Zeaxanthin Isomers from Marigold [*Tagetes erecta*] Flower Extract)

Astaxanthin (from *Haematococcus pluvialis*)

50 mcg

\*

Vanadium (as Sodium Metavanadate)

10 mcg

\*

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Corn Starch, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Natural Cool Vanilla Flavor, Chlorophyllin (Color), Steviol Glycosides.

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

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 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 Black Cohosh, which is not to be used while pregnant or nursing.