

**⚠ WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://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.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**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 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 lycopen). Over 30% improvement in beta-carotene and selenium levels were observed compared to placebo. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

**GNC**  
WOMEN'S

# Multivitamin

ULTRA MEGA®

Living well starts here.

Start your nutrition regimen with the multivitamin blend that's designed for women and provides support for your overall health.\*

✔ **Clinically Studied Multivitamin Blend**  
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin\*\*

✔ **Immune Support**  
Supports immune health with over 30% more absorption of key immune and oxidative defense nutrients\*\*

✔ **Brain Health**  
Has choline to support memory function, and inositol for additional brain and nerve support\*

✔ **Beauty**  
Includes biotin to support healthy hair, skin and nails, as well as ingredients to support skin hydration – plus it's packed with antioxidants to help protect against free radicals\*

\* 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

# Multivitamin

ULTRA MEGA®

Support for overall health & wellness\*

Clinically proven to help make  
you feel better\*\*  
Timed-Release



DIETARY SUPPLEMENT 180 CAPLETS/90-DAY SUPPLY

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CODE Z02421

**DIRECTIONS:** As a dietary supplement, take two caplets daily with food.

JWG-7589

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 90

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 ..... 250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg ..... 134%
Vitamin K (as Phytanadiene)	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 ..... 2948%
Folate	680 mcg DFE (400 mcg Folic Acid) ..... 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, Dicalcium Phosphate, Calcium Ascorbate & Calcium d-Pantothenate)	400 mg ..... 31%
Iron (as Ferrous Fumarate)	18 mg ..... 100%
Iodine (as Potassium Iodide)	150 mcg ..... 100%
Magnesium (as Magnesium Oxide)	50 mg ..... 12%
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 ( <i>Vaccinium macrocarpon</i> ) Fruit Extract	50 mg ..... *
Alpha Lipoic Acid	25 mg ..... *
<b>Fruit &amp; Vegetable Blend</b>	<b>15 mg ..... *</b>
Orange Powder, Acai Fruit Powder, Cranberry Powder, Blueberry Fruit Powder, Pomegranate Fruit Powder, Strawberry Powder, Hawthorn Berry Powder, Elderberry Powder, Grape Powder, Tomato Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Pumpkin Seed Powder, Apple Fruit Powder, Beet Root Powder	
Inositol	10 mg ..... *
Silica (as Silicon Dioxide)	4 mg ..... *
Lutein (from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	2 mg ..... *
Boron (as Sodium Borate)	2 mg ..... *
Lycopene	1 mg ..... *
Zeaxanthin (as Zeaxanthin Isomers from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	400 mcg ..... *
Astaxanthin (from <i>Haematococcus pluvialis</i> )	50 mcg ..... *
Vanadium (as Sodium Metavanadate)	10 mcg ..... *

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid and Less than 2%: Corn Oil, Corn Starch, Gelatin, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Mixed Tocopherols, Modified Starch, Natural Vanilla Flavor, Polydextrose, Polyethylene Glycol, Polysorbate 80, Polyvinyl Alcohol, Riboflavin (Color), Sodium Ascorbate, Spirulina Extract (Color), Starch, Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate, Vegetable Oil.

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

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

Contains a bioengineered food ingredient.

No Artificial Flavors, Gluten Free, No Milk.

