

CODE 330222

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

Amount Per Serving	% Daily Value
Serving Size Four Pink Caplets	
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 222%
Vitamin D (as Cholecalciferol D-3)	50 mcg 250%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	201 mg 134%
Vitamin K (as Phytanadione)	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, Calcium D-Pantothenate, Calcium Ascorbate)	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 Chelate)	120 mcg 343%
Molybdenum (as Sodium Molybdate)	75 mcg 167%
MBP® (Milk Protein)	40 mg *
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	10 mg *
Cranberry Fruit Concentrate (<i>Vaccinium macrocarpon</i>)	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020® Lutein (From Marigold Flower Extract)(<i>Tagetes erecta</i>)	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Maltodextrin, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Glycerin, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Sucralose, Carmine (Color).

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

Menopause Formula

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Brown Filled Capsule	
Black Cohosh Root & Rhizome Extract (<i>Cimicifuga racemosa</i>)	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.
Conforms to USP <2091> for weight.
Meets USP <2040 > for disintegration.

* 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.



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Fish Oil

Supplement Facts

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

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Mixed Tocopherols, Rosemary Leaf Extract (*Rosmarinus officinalis*).

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

Distributed by:

**General Nutrition Corporation
Pittsburgh, PA 15222 USA**

⚠ 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.**
No Wheat, Gluten Free.

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

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

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.



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Evening Primrose Oil

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Yellow Softgel Capsule	
Calories	15
Total Fat	1.5 g 2%†
Polyunsaturated Fat	1 g *
Evening Primrose Oil (<i>Oenothera biennis</i>)(Seed)	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, Enteric Coating (Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid).
Conforms to USP <2091> for weight.



Vitapak® Program

MENOPAUSE SUPPORT

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



DIETARY SUPPLEMENT
30 PACKS
30-DAY SUPPLY



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* and 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®, 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.