

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548

GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

*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.

GNC
WOMEN'S

Multivitamin

ENERGY & METABOLISM

Zoom!

Get the multivitamin that will help support your metabolism and defeat your to-do list.*

- ✔ **Clinically Studied Multivitamin Blend**
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin[^]
- ✔ **Energy Production**
Shown to improve levels of key B-vitamins[^] essential for energy production*
- ✔ **Calorie Burning**
Features a combination of thermogenic ingredients that may support calorie burning*
- ✔ **Mental Sharpness & Memory**
Includes caffeine for mental sharpness and choline for memory support*

* 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.

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.

GNC
WOMEN'S

Multivitamin

ENERGY & METABOLISM

Specially formulated for calorie burn & mental sharpness*
Clinically proven to make you feel better[^]
Timed-Release



DIETARY SUPPLEMENT

180 CAPLETS/90-DAY SUPPLY

CODE Z0232A

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

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Caplets Servings Per Container 90	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 222%
Vitamin D (as Cholecalciferol D-3)	40 mcg (1600 IU) 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.1 mg 147%
Vitamin K (as Phytanadione)	80 mcg 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 416%
Riboflavin (Vitamin B-2)	50 mg 384%
Niacin (as Niacinamide & Niacin)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	667 mcg DFE 167% (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, Calcium d-Pantothenate and Calcium Ascorbate)	500 mg 38%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	25 mg 364%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (as Cupric 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%
Energy & Metabolism Blend	137.01 mg
Caffeine Anhydrous, Green Tea Extract (Camellia sinensis)(Standardized to Polyphenols)	
Capsimax® Capsicum Seed Extract (<i>Capsicum annuum</i>), Black Pepper Fruit Extract (<i>Piper nigrum</i>) (Standardized to Piperine), Boron (as Sodium Borate), Vanadium (as Sodium Metavanadate)	
Super Antioxidant Blend	28.96 mg
alpha Lipoic Acid	25 mg
Lutemax®2020 Lutein	2 mg
Lycopene	1 mg
CurcuWIN® Turmeric Root Extract (<i>Curcuma longa</i>) (Standardized to Curcuminoids)	500 mcg
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg
beta-Cryptoxanthin	10 mcg
Inositol	10 mg
Silica (as Silicon Dioxide)	4 mg

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Stevia Leaf Extract.

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

Contains 100 mg of caffeine.

WARNING: 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 ECGG from green tea.

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.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.
No Artificial Flavors, No Wheat, Gluten Free, No Dairy.
Conforms to USP <2091> for weight.
Capsimax®, CurcuWIN® and Lutemax® 2020 trademarks belong to OmniActive Health Technologies.