

GNC
WOMEN'S

Focus & Cognition

VITAPAK® PROGRAM

STARTS WORKING DAY ONE.

Reach for curated convenience with multi-functional support for brain, body and everyday wellness.*

- ✓ **CLARITY, CONCENTRATION & PERFORMANCE** Enhance energy, mental clarity, focus and concentration with our Cognition Complex – a targeted blend of caffeine, TeaCrine® theacrine and Cereboost®, a clinically studied extract of American ginseng.*
- ✓ **BRAIN HEALTH** Support cognitive function with DHA, a crucial fatty acid involved in brain structure and nervous system support.*
- ✓ **OVERALL WELLNESS** Bolster everyday health and vitality with our clinically proven women's multivitamin blend, shown to boost levels of key nutrients with 100% or more daily value of 17 vitamins and minerals.**

GNC
WOMEN'S

Focus & Cognition

VITAPAK® PROGRAM

WITH OUR PROVEN MULTIVITAMIN BLEND*

Science-Backed Support for:

- Cognitive Performance*
- Mental Clarity*
- Focused Energy & Concentration*



30 PACKS/30-DAY SUPPLY • DIETARY SUPPLEMENT

*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.

STARTS WORKING DAY ONE

CODE 221812

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Do not take before bedtime.
Each pack contains:

Women's Ultra Mega® Multivitamin

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Light Green Caplets	
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)	40 mcg 200%
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 (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)	500 mg 38%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Oxide)	15 mg 136%
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%
alpha-Lipoic Acid	25 mg *
Fruit & Vegetable Blend	15 mg *
Orange (<i>Citrus sinensis</i>) Peel Powder, Spinach (<i>Spinacia oleracea</i>) Leaf Powder, Elderberry (<i>Sambucus nigra</i>) Fruit Powder, Acai (<i>Euterpe oleracea</i>) Fruit Powder, Blueberry (<i>Vaccinium corymbosum</i>) Fruit Powder, Pomegranate (<i>Punica granatum</i>) Fruit Powder, Broccoli (<i>Brassica oleracea var. italica</i>) Floret and Stem Powder, Tomato (<i>Solanum lycopersicum</i>) Fruit Powder, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder, Grape (<i>Vitis vinifera</i>) Skin Powder, Carrot (<i>Daucus carota subsp. sativus</i>) Root Powder, Papaya (<i>Carica papaya</i>) Fruit Powder, Pineapple (<i>Ananas comosus</i>) Fruit Powder, Cauliflower (<i>Brassica oleracea var. botrytis</i>) Floret and Stem Powder, Kale (<i>Brassica oleracea var. viridis</i>) Leaf Powder, Apple (<i>Malus domestica</i>) Fruit Powder, Kiwi (<i>Actinidia deliciosa</i>) Fruit Powder	
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	14 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *

Amount Per Serving	% Daily Value
Boron (as Sodium Borate)	2 mg *
Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg *
Grape (<i>Vitis vinifera</i>) Seed Extract	1 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Gamma-Aminobutyric Acid (GABA)	1 mg *
Lycopene	1 mg *
Turmeric (<i>Curcuma longa</i>) Rhizome Extract (Standardized to 20% Curcuminoids = 100 mcg)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers of 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: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Steviol Glycosides.

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

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

Contains a bioengineered food ingredient.

ACTUAL SIZE

YIG

Cognition Complex

Supplement Facts

Serving Size Two Beige Capsules

Amount Per Serving	% Daily Value
American Ginseng (<i>Panax quinquefolius</i> L.) Root Extract (Standardized to 10% Ginsenosides = 20 mg)	200 mg *
Theacrine	100 mg *
Caffeine	100 mg *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Silicon Dioxide, Stearic Acid Vegetable Source.

ACTUAL SIZE

Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2%†
Cholesterol	<5 mg <2%
Total Omega-3s	1206 mg *
Docosahexaenoic Acid (DHA) Omega-3	1000 mg *
Other Omega-3s	206 mg *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Purified Water, Glycerin, Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid.

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

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. Contains 100 mg of caffeine.

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 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.

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.

American Ginseng Root Extract as CEREBOOST®. CEREBOOST® is a trademark of Naturex SA.

Theacrine as TeaCrine®, TeaCrine® is a registered trademark and protected by Patents Pending, Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.

*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.