

HEAD-TO-TOE WELLNESS IN THE PALM OF YOUR HAND

Feel the difference with the science-backed support of our Whole Body Vitapak® Program, featuring our premium multivitamin blend that’s been clinically proven to boost levels of key nutrients in the body.**

BRAIN HEALTH

EPA and DHA support brain cell structure and function*

COGNITIVE SUPPORT

Ginkgo biloba for mental sharpness and memory function*

HEALTHY SKIN

Biotin, lutein & GLA to nourish skin*

ENERGY PRODUCTION

B-vitamins are essential for cellular energy and energy production*

CIRCULATION

resVida® resveratrol is clinically proven to enhance blood vessel dilation*

JOINT FUNCTION

Clinically studied TamaFlex®, a blend of turmeric and tamarind extracts, is proven to help your joints move and feel better, with results in as little as 5 days**

BONE HEALTH

Calcium and vitamin D for strong bones*

EYE HEALTH

Lutein for healthy eyes plus omega-3 DHA and beta-carotene for normal vision*

HEART HEALTH

Omega-3s EPA and DHA, B-vitamins, lycopene and more support cardiovascular health*

CELL STRUCTURE

Omega-3s EPA and DHA support formation of healthy cells*

GUT HEALTH

Targeted enzyme complex and omega-3s support healthy digestive function*

HORMONAL BALANCE

Omega-7 GLA, Omega-3s and other key nutrients like zinc, magnesium & vitamin D support healthy hormone levels*

IMMUNE DEFENSE

Vitamins C, D and zinc support a healthy immune system*

ANTIOXIDANT PROTECTION

Antioxidants protect cells against harmful free radicals*

GNC

WOMEN's

Whole Body

VITAPAK® PROGRAM

ULTRA PREMIUM VITAPAK® PROGRAM

With Our Proven Multivitamin Blend*

- Targets 14 core functions for head-to-toe wellness*
- Delivers 7 formulas in 1 convenient pack
- Features clinically proven ingredients



30 PACKS/30-DAY SUPPLY • DIETARY SUPPLEMENT

WITH TAMAFLEX®
CLINICALLY PROVEN
JOINT SUPPORT

CODE 221422

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	1500 mcg RAE	167%
(50% as beta-Carotene & 50% as Retinyl Acetate)		
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 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	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, Calcium D-Pantothenate & Calcium Ascorbate)	400 mg	31%
Iodine (as Potassium Iodide)	150mcg	100%
Magnesium (as Magnesium Oxide)	63 mg	15%
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%
Cranberry (Vaccinium macrocarpon) Fruit Powder	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 (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

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

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

Distributed by: GNC Holdings, LLC
Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.

ACTUAL SIZE

Triple Strength Fish Oil

Supplement Facts

Serving Size One Amber Softgel		
Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Total Omega-3s	1065 mg	*
Total EPA + DHA	1000 mg	*
Eicosapentaenoic Acid (EPA) Omega-3	734 mg	*
Docosahexaenoic Acid (DHA) Omega-3	267 mg	*
Other Omega-3s	65 mg	*

† Percent Daily Value is 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, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).

ACTUAL SIZE

JZG-333

Antioxidant & Circulation

Supplement Facts

Serving Size One Yellow Softgel Capsule		
Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Polyunsaturated Fat	1 g	*
Evening Primrose Oil (Oenothera biennis L.) Seed	1300 g	*
Linoleic Acid	910 g	*
gamma-Linolenic Acid	100 g	*

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

OTHER INGREDIENTS: Gelatin, Glycerin, Purified Water.

ACTUAL SIZE

Brain Health

Supplement Facts

Serving Size One Tan Filled Capsule		
Amount Per Serving		% Daily Value
Calcium	55 mg	4%
Ginkgo biloba Leaf Extract	120 mg	*
(24% Ginkgo Flavone Glycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)		

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Yellow Filled Capsule		
Amount Per Serving		% Daily Value
TamaFlex®	250 mg	*
Tamarind (Tamarindus indica) Seed Extract		
Turmeric (Curcuma longa) Rhizome Extract		

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Calcium Silicate.

ACTUAL SIZE

n•zimes® and CereCalase® are trademarks of Deerland Probiotics and Enzymes.

Trans-Resveratrol as resVida®, resVida® is a trademark of DSM. Tamarind and Turmeric as TamaFlex®, TamaFlex® is a registered trademark of NXT USA, Inc., U.S. Patent # 11,147,850.

Antioxidant & Circulation

Supplement Facts

Serving Size One Red Capsule		
Amount Per Serving		% Daily Value
trans-Resveratrol	30 mg*	

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Gelatin, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), FD&C Red 40, FD&C Red 3, FD&C Blue 1.

Digestive Enzymes

Supplement Facts

Serving Size One White Capsule		
Amount Per Serving		% Daily Value
Calcium	40 mg	3%
n•Zimes® Proprietary Blend	146 mg	*
Amylase (Aspergillus oryzae) 3500 DU, Protease 4.5 (Aspergillus oryzae) 7500 HUT, Lipase (Rhizopus oryzae) 125 FIP, Glucoamylase (Aspergillus niger) 5.5 AGU, Protease 3.0 (Aspergillus niger) 7.5 SAPU, Bromelain (Ananas comosus) 150,000 FCCPU, Protease 6.0 (Aspergillus oryzae) 1000 HUT, Papain (Carica papaya) 140,000 FCCPU, Cellulase (Trichoderma reesei [longibrachiatum]) 50 CU, Diastase (Aspergillus oryzae) 62.5 DP		
CereCalase® Proprietary Blend	5 mg	*
Hemicellulase (Aspergillus niger), beta-Glucanase (Trichoderma longibrachiatum), Phytase (Aspergillus niger)		

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Gelatin, Medium Chain Triglycerides, Magnesium Stearate, Silica.

CONTAINS: Milk, Soybeans, Wheat and Sulfites.

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.

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 basic 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.

*In a randomized, double-blind, placebo-controlled study, 90 subjects took TamaFlex® (250 mg/d), another herbal blend or placebo for 8 weeks. TamaFlex® resulted in statistically significant improvements in (i) WOMAC (total, joint comfort, stiffness & physical function), (ii) VAS-pain, (iii) 6-minute walk test (6MWT), (iv) stair climb test (SCT), (v) Lequesne Functional Index (LFI), (vi) knee flexion. Improvements were seen in as early as 5 days.

*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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