

Bone Building Complex

Supplement Facts

Serving Size One Beige Caplet		
Amount Per Serving		% Daily Value
Calcium (as Calcium Carbonate)	600 mg	46%
Vitamin D (as Cholecalciferol D-3)	10 mcg	50%
MBP® (Milk Protein)	40 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Maltodextrin, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Silicon Dioxide, Vegetable Acetoglycerides, Polyethylene Glycol, Caramel Color, Polysorbate 80, Carnauba Wax, Ethyl Vanillin.

**CONTAINS: Milk.**

ACTUAL SIZE

\* 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.

**⚠ 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. Consult with your physician prior to use if you have high blood pressure or heart problems, or are taking prescription drugs. Do not exceed recommended intake. Inform your physician of this product's biotin content before any lab test. This product contains EGCg from green tea. Niacin may cause a temporary flushing reaction.

MBP® is registered in the U.S.A. by MEGMLK SNOW BRAND Co., Ltd.

resVida® is a trademark of DSM.

**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.

High-Potency Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule		
Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2% †
Total Omega-3 Fatty Acids	1065 mg	*
Total EPA + DHA	1000 mg	*
EPA (Eicosapentaenoic Acid)(Omega-3)	734 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	267 mg	*
Other Omega-3s	64 mg	*

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

\* Daily Value not established.

**OTHER INGREDIENTS:** Fish Body Oil, Gelatin (Bovine), Glycerin, Purified Water, Natural Flavors.

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

ACTUAL SIZE

Healthy Aging Antioxidant Formula

Supplement Facts

Serving Size One Yellow Filled Capsule		
Amount Per Serving		
Coenzyme Q-10	100 mg*	
Green Tea Extract ( <i>Camellia sinensis</i> )(14% Polyphenols = 3.75 mg)	25 mg*	
Turmeric Root Extract ( <i>Curcuma longa</i> )(20% Curcuminoids = 2 mg)	10 mg*	
Chios Mastiha Gum Powder ( <i>Pistacia lentiscus</i> )	10 mg*	
resVida® trans-Resveratrol	30 mg*	
Lutein	2 mg*	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg*	

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Gelatin, Corn Starch, Talc, Magnesium Stearate Vegetable Source, Hydroxypropyl Methylcellulose, Silicon Dioxide.

ACTUAL SIZE

GNC  
WOMEN's

Vitapak® Program

50 PLUS

Life starts at 50 – your regimen starts here.

With a multivitamin clinically proven to make you feel better,<sup>^</sup> plus extra ingredients customized for women 50 and older, our Women's Vitapak® Program 50 Plus will help you support healthy aging.\*

Your added support includes:

- ✔ **Memory Support**  
Includes choline to support memory function and ginkgo biloba for mental sharpness\*
- ✔ **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 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\*

\* 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

Vitapak® Program

50 PLUS

Specially formulated for women 50 & older

Includes multivitamin + antioxidant formula + brain health complex + bone building complex + essential fatty acids



DIETARY SUPPLEMENT  
30 PACKS/30-DAY SUPPLY

CODE 208422

**DIRECTIONS:** As a dietary supplement, take contents of one pack daily with food. For maximum benefits, take as directed every day. Each pack contains:

Women's Multivitamin 50 Plus

Supplement Facts

Serving Size Two Light Green Caplets		
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)	200 mg	222%
Vitamin D (as Cholecalciferol)	40 mcg	200%
Vitamin E (as Natural 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)	500 mg	38%
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%

Super Antioxidant Blend

alpha-Lipoic Acid	25 mg	*
Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract ( <i>Curcuma longa</i> )(20% Curcuminoids = 100 mcg)	500 mcg	*

Brain & Circulatory Support Blend

Inositol	10 mg	*
Ginkgo biloba Leaf Powder	5 mg	*
Bacopa monnieri Leaf Extract	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Phosphatidylserine	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

Amount Per Serving	% Daily Value	
<b>Eye &amp; Skin Health Complex</b>		
<b>20.5 mg</b>		
Silica (as Silicon Dioxide)	4 mg	*
Black Currant Fruit Extract ( <i>Ribes nigrum</i> )	2.5 mg	*
Blueberry Fruit Powder ( <i>Vaccinium corymbosum</i> )	2.5 mg	*
Cranberry Fruit Concentrate ( <i>Vaccinium macrocarpon</i> )	2.5 mg	*
Bilberry Fruit Powder ( <i>Vaccinium myrtillus</i> )	2.5 mg	*
Elderberry Fruit Powder ( <i>Sambucus nigra</i> )	2.5 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg	*
Resveratrol	1 mg	*
Grape Seed Extract ( <i>Vitis vinifera</i> )(86% Polyphenols = 0.86 mg)	1 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Maltodextrin, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Sucrose, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Modified Food Starch, Mannitol, Gelatin (Porcine, Fish), Polyethylene Glycol, Corn Starch, Calcium Silicate, Talc, Natural Vanilla Mint Flavor, dl-alpha Tocopherol, Methylcellulose, Glucose Syrup, Chlorophyllin (Color), Stevia Leaf Extract, Gum Arabic, Vegetable Oil, Sodium Ascorbate, Mixed Carotenoids, Magnesium Hydroxide, BHA/BHT, Tricalcium Phosphate, Anthocyanins, Povidone, Mixed Tocopherols, Ascorbyl Palmitate, Dextrin, Medium Chain Triglycerides, Modified Starch, Polyglycerol Fatty Acid Esters, Sodium Aluminum Silicate, Sodium Carboxymethylcellulose, Sodium Chloride.

**CONTAINS: Soybeans, 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.

Brain Health Complex

Supplement Facts

Serving Size One White Capsule		
Amount Per Serving		% Daily Value
Choline (as Choline Bitartrate)	180 mg	33%
Ginkgo biloba Leaves Extract (24% Ginkgo Flavone Glycosides = 28.8 mg) (6% Terpene Lactones = 7.2 mg)	120 mg	*
Phosphatidyl Choline (as Soy Lecithin)	20 mg	*
Huperzine A	25 mcg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Microcrystalline Cellulose, Silica, Talc, Corn Starch, Magnesium Stearate Vegetable Source, Hydroxypropylcellulose, Titanium Dioxide (Mineral Whitener).

ACTUAL SIZE

JZG-333