

No Artificial Flavors, No Wheat,  
Gluten Free, No Dairy.  
**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

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

\* This statement has 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

# One Daily Multivitamin

**ENERGY & METABOLISM**

Specially formulated for calorie burn  
& mental sharpness\*



DIETARY SUPPLEMENT

60 CAPLETS/60-DAY SUPPLY

CODE 211921

**DIRECTIONS:** As a dietary supplement, take one caplet daily.

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	1050 mcg.....117%
Vitamin C (as Ascorbic Acid).....	100 mg.....111%
Vitamin D (as Cholecalciferol).....	30 mcg.....150%
Vitamin E (as d-alpha Tocopheryl Succinate).....	191 mg.....127%
Vitamin K (as Phytonadione).....	80 mcg.....67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	1.7 mg.....142%
Riboflavin (Vitamin B-2).....	1.9 mg.....146%
Niacin (as Niacinamide).....	20 mg.....125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	2.2 mg.....129%
Folate.....	816 mcg DFE.....204%
	(480 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	25 mcg.....1042%
Biotin.....	300 mcg.....1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	16.5 mg.....330%
Choline (as Choline Bitartrate).....	2.5 mg.....<1%
Calcium (as Calcium Carbonate,.....	260 mg.....20%
d-Calcium Pantothenate & Dicalcium Phosphate)	
Iron (as Ferrous Fumarate).....	18 mg.....100%
Phosphorous (as Dicalcium Phosphate).....	15 mg.....1%
Iodine (as Potassium Iodide).....	150 mcg.....100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide).....	100 mg.....24%
Zinc (as Zinc Oxide).....	30 mg.....273%
Selenium (as Sodium Selenate).....	70 mcg.....127%
Copper (as Copper Gluconate).....	2 mg.....222%
Manganese (as Manganese Sulfate).....	2 mg.....87%
Chromium (as Chromium Chloride).....	200 mcg.....571%
Molybdenum (as Amino Acid Chelate).....	75 mcg.....167%
Chloride (as Potassium Chloride).....	36 mg.....2%
Potassium (as Potassium Chloride).....	40 mg.....1%

Caffeine Anhydrous.....	100 mg.....*
Green Tea Leaves Extract (Camellia sinensis).....	20 mg.....*
Capsicum Seed Extract (Capsicum annuum).....	10 mg.....*
Black Pepper Fruit Extract (Piper nigrum).....	5 mg.....*
(50% Piperine = 2.5 mg)	
Hydrolyzed Collagen.....	5 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*
Boron (as Sodium Borate).....	1 mg.....*
Lutein.....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	200 mcg.....*
Vanadium (as Sodium Metavanadate).....	5 mcg.....*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid Vegetable Source, Calcium Silicate, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Polydextrose, Vegetable Acetoglycerides, Talc, Polyethylene Glycol, Medium Chain Triglycerides, Polysorbate 80, Carmine (Color).

**Distributed by:**

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

**⚠ 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. 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.

**⚠ 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.

KUG

Lot No./Best By: