

This product contains Soybeans and Tree Nuts (Coconut).

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

ACTUAL SIZE

0
48107
15013
6

FPO

GNC

WOMEN'S ULTRA MEGA[®]

Dietary Supplement

- High potency vitamin and mineral formula
- Designed for a woman's nutritional needs

Timed-Release
90 TABLETS

CODE 574966

Directions: As a dietary supplement, take two tablets daily with food.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene and 50% as Palmitate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid)	200 mg 222%
Vitamin D (as Ergocalciferol)	10 mcg 50%
Vitamin E (as d-alpha Tocopheryl Acetate)	73.5 mg 490%
Vitamin K (as Phytonadione)	75 mcg 63%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	80 mg 6667%
Riboflavin (Vitamin B-2)	80 mg 6154%
Niacin (as Niacinamide and Niacin)	80 mg 500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	80 mg 4706%
Folate (400 mcg Folic Acid)	667 mcg 167%
Vitamin B-12 (as Cyanocobalamin)	80 mcg 3333%
Biotin	80 mcg 267%
Pantothenic Acid (as Calcium d-Pantothenate)	80 mg 1600%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate)	500 mg 38%
Iron (as Hydrolyzed Protein Chelate)	27 mg 150%

Amount Per Serving	% Daily Value
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	200 mg 48%
Zinc (as Zinc Oxide)	15 mg 136%
Selenium (as Hydrolyzed Protein Chelate)	100 mcg 182%
Copper (as Hydrolyzed Protein Chelate)	2 mg 222%
Manganese (as Hydrolyzed Protein Chelate)	5 mg 217%
Chromium (as Hydrolyzed Protein Chelate)	100 mcg 286%
Molybdenum (as Hydrolyzed Protein Chelate)	50 mcg 111%
Dong Quai Root Powder (<i>Angelica sinensis</i>)	50 mg *
Citrus Bioflavonoids Complex	25 mg *
Bee Pollen Powder	25 mg *
para-Aminobenzoic Acid (PABA)	10 mg *
Royal Jelly	5 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Silica (as Hydrolyzed Protein Chelate)	2 mg *
Yarrow Flowers (<i>Achillea millefolium</i>)	2 mg *
Garlic (<i>Allium sativum</i>)	2 mg *
Red Raspberry Leaves (<i>Rubus idaeus</i>)	2 mg *
Rose Hips Powder (<i>Rosa canina</i>)	2 mg *
Acerola Fruit Extract	2 mg *
Inositol	10 mcg *

* Daily Value not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Hydrogenated Vegetable Oil, Acacia, Maltodextrin, Modified Food Starch, Stearic Acid Vegetable Source, Dicalcium Phosphate, Cellulose, Sodium Alginate, Vegetable Acetoglycerides, Mannitol, Isolated Soy Protein, Pea Starch, Polyethylene Glycol, Hydroxypropylcellulose, Polysorbate 80, Magnesium Stearate Vegetable Source, Sucrose, Carnauba Wax, Methyl Cellulose, Sodium Copper Chlorophyllin, Fractionated Coconut Oil, BHT, Sodium Ascorbate, Sodium Benzoate, Sorbic Acid, Ethyl Cellulose, Tocopherols.

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.

LSG

Lot No./Expire Date: