

CODE 208422 EUG

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

Women's Multivitamin 50 Plus

Supplement Facts

Serving Size Two Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg 222%
Vitamin D (as Cholecalciferol D-3)	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, and 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	28.96 mg	*
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
CurcuWIN® Turmeric Root Extract (Curcuma longa)(20% curcuminoids = 100 mcg)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Brain & Circulatory Support Blend	22.01 mg	*
Inositol	10 mg	*
Ginkgo biloba Leaf Powder	5 mg	*

Amount Per Serving	% Daily Value
Bacopa monnieri Leaf Extract	4 mg *
Boron (as Sodium Borate)	2 mg *
Phosphatidylserine	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Eye & Skin Health Complex	20.5 mg *
Silica (as Silicon Dioxide)	4 mg *
Black Currant Fruit Extract (Ribes nigrum)	2.5 mg *
Blueberry Fruit Powder (Vaccinium angustifolium)	2.5 mg *
Cranberry Fruit Concentrate (Vaccinium macrocarpon)	2.5 mg *
Billberry Fruit Powder (Vaccinium myrtillus)	2.5 mg *
Elderberry Fruit Powder (Sambucus nigra)	2.5 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg *
Resveratrol	1 mg *
Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)	1 mg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Talc, Natural Vanilla Mint Flavor, Chlorophyllin (Color), Stevia Leaf Extract.

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

Brain Health

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)	*
Phosphatidyl Choline (as Soy Lecithin)	20 mg *
Huperzine A	25 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Silica, Talc, Magnesium Stearate Vegetable Source, Hydroxypropylcellulose.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Calcium/MBP®

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, Crosscarmellose Sodium, Magnesium Stearate Vegetable Source, Silicon Dioxide, Vegetable Acetoglycerides, Polyethylene Glycol, Caramel Color, Polysorbate 80, Carnauba Wax, Ethyl Vanillin.

CONTAINS: Milk. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Healthy Aging Antioxidant Formula

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
Coenzyme Q-10	100 mg*
Green Tea Extract (Camellia sinensis)(14% Polyphenols = 3.75 mg)	25 mg*
CurcuWIN® Turmeric Root Extract (Curcuma longa)(20% Curcuminoids = 2 mg)	10 mg*
Chios Mastiha Gum Powder (Pistacia lentiscus)	10 mg*
resVida® trans-Resveratrol	30 mg*
Lutemax® 2020 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.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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.

Essential Fatty Acids

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2% †
Total Omega-3s	942 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	800 mg *
Other Omega-3s	142 mg *
GLA (gamma-Linolenic Acid)(Omega-6)	20 mg *

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Safflower Oil, Rosemary Extract (Rosmarinus officinalis), Mixed Tocopherols. CONTAINS: Soybeans, Fish (Pollock, Whiting, Anchovy, Sardine, Mackerel). Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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 8 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.

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

For More Information: 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



Vitapak® Program

50 PLUS

Specially formulated for women 50 & older Includes multivitamin + antioxidant formula + brain health complex + bone building complex + essential fatty acids

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. CurcuWIN® is a trademark of OmniActive Health Technologies. Lutemax® 2020 is a trademark of OmniActive Health Technologies. MBP® is registered in the U.S.A. by MEGMILK SNOW BRAND Co., Ltd. resVida® is a trademark of DSM.



Vitapak® Program

50 PLUS

Life starts at 50 – your regimen starts here. With a multivitamin clinically proven to make you feel better,* 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 and GLA 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*

DIETARY SUPPLEMENT

50 TABLETS

30-DAY SUPPLY

* 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.