warning: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition.

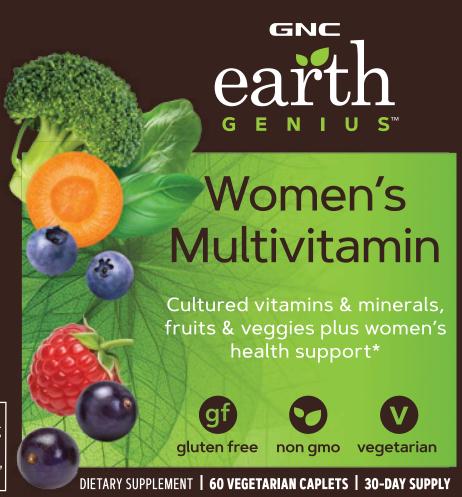
Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test, This product contains EGCGs from green tea. Niacin may cause a temporary flushing reaction.

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.

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

* 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.



CODE 218721
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A	1500 mcg167%
Vitamin C	100 mg 111%
Vitamin D	25 mcg (1000 IU)125%
Vitamin E	134%
Vitamin K	80 mcg 67%
Thiamin (Vitamin B-1)	5 mg417%
	5 mg385%
Niacin	25 mg156%
Vitamin B-6	25 mg 1471%
Folate667 mcg DFE	(400 mcg Folic Acid)167%
Vitamin B-12	
Biotin	300 mcg 1000%
	25 mg500%
	50 mg 4%
	18 mg100%
	150 mcg100%
	25 mg 6%
	20 mg182%
	364%
	222%
	2 mg
Molybdenum	75 mcg167%

marint.	Da-	Comina	
mount	rei	Serving	

% Daily Value

Spectra™ Total ORAC Blend of: Green Coffee Extract, Broccoli Sprout Powder, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Extract, Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf Powder, Oregano Leaf Powder, Cinnamon Bark Powder, Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit Powder, Black Currant Fruit Extract, Blueberry Fruit Extract, Sweet Cherry Fruit Powder, Blackberry Fruit Powder, Chokeberry Fruit Powder, Raspberry Fruit Powder, Spinach Leaf Powder, Kale Leaf Concentrate, Bilberry Fruit Extract, Brussels Sprout Powder Zeaxanthin... .400 mca (from Marigold Flowers Extract)(Tagetes erecta) Women's Health & Beauty Blend......17 mg.. Cranberry Fruit Powder (Vaccinium macrocarpon) Horse Chestnut Seed Extract (Aesculus hippocastanum) Lutein (from Marigold Flowers Extract)(Tagetes erecta) Digestive Health & Comfort Blend....... 20 mg...

Fruit & Vegetable Antioxidant Blend ... 50 mg...

(5% Gingerols = 0.5 mg), Cellulase, Bromelain, Papain* Daily Value not established.

Ginger Root Extract (*Zingiber officinale***)**

OTHER INGREDIENTS: Microcrystalline Cellulose, Iron HPC†, Cultured Niacinamide‡, Cultured Ascorbic Acid‡, Croscarmellose Sodium, Calcium Ascorbate, Hydroxypropyl Methylcellulose, Cultured Zinc Oxide‡, Calcium Carbonate, Hydroxypropylcellulose, Cultured Calcium A-Pantothenateţ, d-alpha Tocopherol, Magnesium Oxide, Dicalcium Phosphate, Stearic Acid Vegetable Source, Pyridoxine Hydrochloride, Calcium d-Pantothenate, Cultured Copper Sulfateţ, Cultured Manganese Sulfateţ, Silicon Dioxide, Magnesium Stearate Vegetable Source, Ergocalciferol, Zinc Oxide, Cultured Riboflavinţ, Cultured Pyridoxine Hydrochlorideţ, Cultured Vitamin A Palmitateţ, Niacinamide, Cultured Thiamin Hydrochlorideţ, Thiamin Hydrochloride, Spirulina Extract (Color), Vegetable Acetoglycerides, Cultured Phytonadioneţ, Magnesium HPCţ, Cultured Folic Acidţ, Riboflavin, beta-Carotene, Potassium lodide, Polyethylcene Glycol, Riboflavin (Color), Cultured Biotinţ, Cultured Sodium Selenateţ, Cupric Sulfate, Medium Chain Triglycerides, Cultured Sodium Molybdateţ, Polysorbate 80, Molybdenum HPCţ, Ethylcellulose, Cultured Cyanocobalaminţ, Folic Acid, Biotin, Methylcobalamin, Triacetin, Selenium Yeast, Phytonadione, Diacetylated Monoglycerides, Oleic Acid. † HPC (Hydrolyzed Protein Chelate). ‡ Contains Cultured Sources of Vitamins and Minerals (Cultured on Rice Protein, Yeast, Molasses, Papain, Bromelain, Gum Arabic and Maltodextrin).