

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.

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

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

One Per Day

GNC QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



Please recycle this box.

WOMEN'S ULTRA MEGA® ONE DAILY

GNC Women's Ultra Mega® One Daily is a premium multivitamin providing 37 important nutrients essential for overall wellness, plus unique blends scientifically formulated to support the specific health needs of women, in one ultra concentrated pill.

♦ This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

HOW DOES YOUR MULTIVITAMIN COMPARE?

Ultra Concentrated Technology for Greater Benefits*	GNC Women's Ultra Mega® One Daily Premium Multivitamin	Leading Women's Multivitamin†
Nutrients Delivered in One Caplet	37	31
Nutrients with at Least 100% Daily Value	20	9
At Least 100% DV of 8 Key B Vitamins*	✓	—
More Vitamin C to Support Natural Resistance*	100 mg	75 mg
Supports Breast and Colon Health with More Vitamin D-3**	1200 IU	800 IU
Customized Women's Health Blends	✓	—
With Choline and Inositol for Brain Support*	✓	—
Lutein for Eye Health Support*	✓	—
Cranberry for Urinary Tract Support*	✓	—
Supports Beauty from Within with Collagen and Silica*	✓	—

*Ultra Concentrated Technology: Using cutting-edge product development processes, GNC Women's Ultra Mega® One Daily Multivitamin was developed to deliver more nutrients in one standard size pill for greater benefits.

† Compared to the leading women's multivitamin brand.

‡ Emerging research suggests that adequate daily vitamin D intake may play a role in supporting breast and colon health.

* 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 ULTRA MEGA® One Daily

Dietary Supplement

ONE PER DAY MULTIVITAMIN

Ultra Concentrated with 37 important nutrients

- Provides 20 vitamins & minerals at 100% daily value or more
- Promotes healthy hair, skin & nails with biotin, collagen & silica*
- B vitamins to support energy production & metabolism*



PHYSICIAN
ENDORSED*

One Per Day
60 CAPLETS

CODE 179622

Directions: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	3500 IU 70%
Vitamin C (as Ascorbic Acid)	100 mg 167%
Vitamin D (as Cholecalciferol D-3)	1200 IU 300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	35 IU 117%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.65 mg 110%
Riboflavin (Vitamin B-2)	1.87 mg 110%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.2 mg 110%
Folic Acid	800 mcg 200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg 165%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg 50%
Iron (as Ferrous Fumarate)	18 mg 100%
Phosphorus (as Dicalcium Phosphate)	15 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	30 mg 200%
Selenium (as Sodium Selenite)	70 mcg 100%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg 167%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg 100%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%

Brain Health Blend

Choline (as Choline Bitartrate)	2.5 mg *
Inositol	2.5 mg *

Eye Health & Antioxidant Protection Blend

Luteinmax 2020™ Lutein	1 mg *
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg *

Women's and Urinary Tract Health Blend

Cranberry Fruit Concentrate	10 mg *
Boron (as Hydrolyzed Protein Chelate)	150 mcg *
Tin (as Stannous Chloride)	10 mcg *
Vanadium (as Vanadyl Sulfate)	10 mcg *
Nickel (as Nickel Sulfate)	5 mcg *

Beauty from Within Blend

Collagen Hydrolysate	5 mg *
Silica (as Silicon Dioxide)	2 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Cool Mint Vanilla Flavor, Carmine Color, Sucralose.

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.