

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)	40 mcg..... 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	22.1 mg..... 147%
Vitamin K (as Phytonadione)	80 mcg..... 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg..... 4167%
Riboflavin (Vitamin B-2)	50 mg..... 384%
Niacin (as Nicotinamide & Niacin)	50 mg..... 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg..... 2941%
Folate	667 mcg DFE..... 167%
	(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	500 mg..... 38%
	(as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)
Iron (as Ferrous Fumarate)	18 mg..... 100%
Iodine (as Potassium Iodide)	150 mcg..... 100%
Magnesium (as Magnesium Oxide)	100 mg..... 24%
Zinc (as Zinc Oxide)	50 mg..... 327%
Selenium (as L-Selenomethionine)	200 mcg..... 364%
Copper (as Cupric 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)(Standardized to Curcuminoids)	500 mcg..... *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg..... *
Astaxanthin (From Haematococcus pluvialis)	50 mcg..... *
beta-Cryptoxanthin	10 mcg..... *
Performance Energy & Metabolism Blend	53.01 mg..... *
Green Tea Leaf Extract (Camellia sinensis)(Standardized to EGCG)	30 mg..... *
Betaine (as Betaine Hydrochloride)(Trimethylglycine)	10 mg..... *
Inositol	10 mg..... *
Boron (as Sodium Borate)	2 mg..... *
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg..... *
Vanadium (as Sodium Metavanadate)	10 mcg..... *
Joint & Skin Support Blend	18 mg..... *
MSM (Methylsulfonylmethane)	12 mg..... *
Silica (as Silicon Dioxide)	4 mg..... *
Hyaluronic Acid (as Sodium Hyaluronate)	2 mg..... *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Maltodextrin, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), 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).

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. Niacin may cause a temporary flushing reaction. This product contains EGCG from green tea.

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.

Conforms to USP <2091> for weight.

No Artificial Flavors, No Wheat, Gluten Free, No Dairy.

CurcuWIN® and Lutemax® 2020 trademarks belong to OmniActive Health Technologies.

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

*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 leading 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.

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.

GNC
WOMEN'S

Multivitamin

ACTIVE

Exercise your right to good health.

Whether you're running errands or running laps, this multivitamin helps support your active lifestyle.*

Clinically Studied Multivitamin Blend

Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin^

Recovery

Has powerful antioxidants—including green tea, lutein and grape seed—to help fight free radicals that can be produced from your workout*

Bone Health

Features vitamin D for healthy bones, plus calcium and magnesium for bone building*

Energy Production

Shown to improve levels of key B vitamins^ essential for energy production*

* 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

Multivitamin

ACTIVE

Specially formulated for athletic women*
Clinically proven to make you feel better^

Timed-Release



DIETARY SUPPLEMENT

90 CAPLETS/45-DAY SUPPLY