

Stress & Gut Health

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving	
Ashwagandha (<i>Withania somnifera</i>)	240 mg *
Root and Leaf Extract (Standardized to 35% Glycowithanolides = 84 mg)	
L-Theanine	200 mg *
DigeSEB® Digestive Enzyme Blend (Protease, Amylase, Cellulase, Lactase & Lipase)	100 mg *

* Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Maltodextrin, Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.



ACTUAL SIZE

Fish Oil Mini

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		
Calories	5	
Total Fat	0.5 g	< 2%†
Total Omega-3s	533 mg	*
Total EPA + DHA	500 mg	*
Eicosapentaenoic Acid (EPA)	367 mg	*
Docosahexaenoic Acid (DHA)	134 mg	*
Other Omega-3s	33 mg	*

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

OTHER INGREDIENTS: Fish Oil, Gelatin, Glycerin, Purified Water, Natural Lemon Flavor, Tocopherols (Preservative), Soybean Oil.
CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Whiting, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).



ACTUAL SIZE

GNC
WOMEN'S



STRESS
MANAGEMENT



COGNITIVE
SUPPORT



GUT
HEALTH



OVERALL
WELLNESS

Stress Relief

VITAPAK® PROGRAM



OPEN
HERE

Curated to help you keep calm and carry on.

- ✔ **STRESS MANAGEMENT** L-theanine helps you relax and clinically studied Shoden® ashwagandha targets cortisol.*
- ✔ **COGNITIVE SUPPORT** EPA/DHA omega-3s provide cognitive and nervous system support.*
- ✔ **GUT HEALTH** DigeSEB® digestive enzyme blend helps ease digestion and omega-3 fatty acids support a healthy gut.*
- ✔ **OVERALL WELLNESS** Our Women's Multivitamin is clinically proven to boost stress defense nutrients and fill nutritional gaps.**

PLEASE RECYCLE THIS BOX

*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

Stress Relief

VITAPAK® PROGRAM

WITH OUR PROVEN MULTIVITAMIN*

Science-Backed Formulations for:

- Stress & Cortisol Management*
- Cognitive Support*
- Gut Health*



30 PACKS/30-DAY SUPPLY • DIETARY SUPPLEMENT

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CODE 220682

DIRECTIONS: As a dietary supplement, for optimal results, take the contents of one pack in the evening with food.

Each pack contains:

Women's Ultra Mega® Multivitamin without Iron

Supplement Facts

Serving Size Two Light Green Capslets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	50 mcg	250%
Vitamin E (as 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 (400 mcg Folic Acid)	680 mcg DFE	170%
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, Dicalcium Phosphate, Calcium Ascorbate & Calcium d-Pantothenate)	400 mg	31%
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	384%
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%
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Extract	50 mg	*
alpha-Lipoic Acid	25 mg	*
Fruit & Vegetable Blend	15 mg	*
Orange Powder, Acai Fruit Powder, Cranberry Powder, Blueberry Fruit Powder, Pomegranate Fruit Powder, Strawberry Powder, Hawthorn Berry Powder, Elderberry Powder, Grape Powder, Tomato Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Pumpkin Seed Powder, Apple Fruit Powder, Beet Root Powder		
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg	*
Boron (as Sodium Borate)	2 mg	*
Lycopene	1 mg	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg	*
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

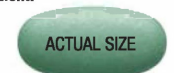
* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Maltodextrin, Hydroxypropylcellulose and Less than 2%: Ascorbyl Palmitate, BHT (Preservative), Carnauba Wax, Corn Oil, Corn Starch, Gelatin (Porcine), Glucose Syrup, Gum Arabic, Magnesium Stearate, Medium Chain Triglycerides, Natural Vanilla Mint Flavor, Pea Starch, Polyethylene Glycol, Polyvinyl Alcohol, Riboflavin (Color), Sodium Alginate, Sodium Ascorbate (Preservative), Spirulina Extract (Color), Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tocopherols (Preservative), Tricalcium Phosphate.

CONTAINS: Soybeans.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.



ACTUAL SIZE

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

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. Gluten Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com



GLUTEN
FREE

Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.
DigeSEB® is a trademark of Specialty Enzymes & Probiotics, Chino, CA USA.

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.

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