

CODE 209811

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Serving Size Two Beige 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)	300 mg 333%
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%
	(Folic Acid 400 mcg)
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	200 mg 15%
	(as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	25 mg 227%
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%
Amino Acid Blend	100 mg *
L-Arginine	50 mg*

ACTUAL SIZE

HUG

Amount Per Serving	% Daily Value
L-Glutamine	50 mg*
Fruit & Vegetable Blend	68.5 mg *
	Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Saw Palmetto Berries Extract (<i>Serenoa repens</i>), Pumpkin Seed Powder (<i>Cucurbita pepo</i>).
Super Antioxidant Blend	28.96 mg *
alpha-Lipoic Acid	25 mg*
Lutemax® 2020 Lutein	2 mg*
Lycopene	1 mg*
CurcuWIN® Turmeric Extract	500 mcg*
	(<i>Curcuma longa</i>)(20% Curcuminoids = 100 mcg)
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg*
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg*
beta-Cryptoxanthin	10 mcg*
Brain Health Blend	17.01 mg *
Inositol	10 mg*
Silica (as Silicon Dioxide)	4 mg*
Boron (as Sodium Borate)	2 mg*
Grape Seed Extract (<i>Vitis vinifera</i>)(86% Polyphenols = 0.86 mg)	1 mg*
Vanadium (as Sodium Metavanadate)	10 mcg*

* Daily Value not established.

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

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

Conforms to USP <2091> for weight.

TriFlex™

Supplement Facts

Serving Size Three White Caplets

Amount Per Serving	% Daily Value
Vitamin C (Calcium Ascorbate)	30 mg 33%
Sodium	165 mg 7%†
Glucosamine Hydrochloride	1500 mg*
Chondroitin Sulfate, Sodium	1200 mg*
MSM (Methylsulfonylmethane)	900 mg*
Hyaluronic Acid (as Sodium Hyaluronate)	5 mg*

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

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Polysorbate 80, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Silicon Dioxide.

CONTAINS: Crustaceans (Shrimp).

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

▲ **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.

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

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 USA

Supplement Facts

Serving Size One Amber Softgel

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2%†
Cholesterol	<5 mg 1%†
EPA (Eicosapentaenoic Acid)(Omega-3)	540 mg*
DHA (Docosahexaenoic Acid)(Omega-3)	360 mg*

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Enteric Coating (Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid), Mixed Tocopherols.

Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

Curcuwin® CurcuWIN® trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 Lutemax® 2020 is a trademark of OmniActive Health Technologies.

† 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 B 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.

GNC

MEGA MEN® Joint

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND^

- Joint Health* • Heart Health*
- Energy Production* • Antioxidants



30 PACKS
30-DAY SUPPLY

CLINICALLY STUDIED^

Joint

GNC

MEGA MEN® Joint

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- ✓ **Men's Health**
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin.^\
- ✓ **Joint Health**
Features the clinically studied dose of glucosamine and chondroitin, which supports joint comfort and helps maintain joint function. Also has EPA, which supports the body's natural anti-inflammatory response.*
- ✓ **Heart Health**
Includes EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels.*
- ✓ **Energy Production**
Has an array of B vitamins for energy production.*
- ✓ **Antioxidants**
Helps fight free radicals produced during your workout.*

* 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.