

**▲ WARNING:** Cancer and Reproductive Harm — [www.P65Warnings.ca.gov](http://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, Gluten Free.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:  
1-888-462-2548  
GNC.com

# GNC

# MEGA MEN<sup>®</sup>

## ESSENTIALS

**ONE DAILY MULTI**

- Supports men's health\*
- Fuels muscle performance\*
- Includes support for immune & brain health\*

60 CAPLETS • 60-DAY SUPPLY    DIETARY SUPPLEMENT



\* 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.

CODE 179322

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

LWG-6783

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate) .....	1050 mcg RAE ... 117%
Vitamin C (as Ascorbic Acid) .....	100 mg ... 111%
Vitamin D (as Cholecalciferol) .....	30 mcg ... 150%
Vitamin E (as d-alpha Tocopheryl Succinate) .....	30.2 mg ... 201%
Vitamin K (as Phytonadione) .....	80 mcg ... 67%
Thiamin (Vitamin B-1) .....	1.65 mg ... 138%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2) .....	1.87 mg ... 144%
Niacin (as Niacinamide) .....	20 mg ... 125%
Vitamin B-6 (as Pyridoxine Hydrochloride) .....	3.3 mg ... 194%
Folate .....	680 mcg DFE ... 170%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin) .....	25 mcg .. 1042%
Biotin .....	300 mcg .. 1000%
Pantothenic Acid (as Calcium d-Pantothenate) .....	16.5 mg ... 330%
Calcium (as Calcium Carbonate, .....	250 mg ... 19%
Dicalcium Phosphate & Calcium d-Pantothenate)	
Iodine (as Potassium Iodide) .....	150 mcg ... 100%
Magnesium (as Magnesium Oxide) .....	125 mg ... 30%
Zinc (as Zinc Oxide) .....	30 mg ... 273%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite) .....	120 mcg ... 218%
Copper (as Cupric Oxide) .....	2 mg ... 222%
Manganese (as Manganese Sulfate) .....	2 mg ... 87%
Chromium (as Chromium Chloride) .....	200 mcg ... 571%
Molybdenum (as Sodium Molybdate) .....	75 mcg ... 167%
Chloride (as Potassium Chloride) .....	70 mg ... 3%
Potassium (as Potassium Chloride) .....	80 mg ... 2%
Glutamine (as L-Glutamine) .....	5 mg ... *
Methionine (as L-Methionine) .....	5 mg ... *
Taurine (as L-Taurine) .....	5 mg ... *
Carnitine (as L-Carnitine) .....	5 mg ... *
Inositol .....	2.5 mg ... *
Silica (as Silicon Dioxide) .....	2 mg ... *
Lutein .....	1 mg ... *
(as Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	
Lycopene .....	600 mcg ... *
Zeaxanthin (as Zeaxanthin Isomers .....	200 mcg ... *
from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	
Boron (as Boric Acid) .....	150 mcg ... *
Vanadium (as Vanadyl Sulfate) .....	10 mcg ... *

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose and Less than 2%: Caramel (Color), Choline Bitartrate, Corn Starch, Croscarmellose Sodium, Ethyl Cellulose, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Mixed Tocopherols, Modified Food Starch, Natural Vanilla Flavor, Polyethylene Glycol, Sodium Ascorbate, Sodium Sulfate, Stearic Acid, Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate.

**CONTAINS: Soy.**

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

Contains a bioengineered food ingredient.