

**▲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, Gluten Free, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place

For More Information:

1-888-462-2548

GNC.com



GLUTEN FREE

^See carton for related information.

**GNC**

**MEGA MEN<sup>®</sup>**

Dietary Supplement

**CLINICALLY STUDIED MULTIVITAMIN BLEND<sup>^</sup>**

- Antioxidants
- Heart\*
- Immune Support\*

Timed-Release

180 CAPLETS

90-DAY SUPPLY



CLINICALLY STUDIED<sup>^</sup>

\* 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 201422

**DIRECTIONS:** As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

KWG

**Supplement Facts**

Serving Size Two Caplets

Servings Per Container 90

**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%

**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).

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

Contains a bioengineered food ingredient.

**Amount Per Serving % Daily Value**

Molybdenum (as Sodium Molybdate) ..... 75 mcg .....167%

**Amino Acid Blend** ..... **100 mg** .....\*

L-Arginine ..... 50 mg .....\*

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 (*Serenoa repens*), Pumpkin Seed Powder (*Cucurbita pepo*).

**Super Antioxidant Blend** ..... **28.96 mg** .....\*

alpha-Lipoic Acid ..... 25 mg .....\*

Lutein ..... 2 mg .....\*

Lycopene ..... 1 mg .....\*

Turmeric Root Extract ..... 500 mcg .....\*

(*Curcuma longa*)(20% Curcuminoids =100 mcg)

Zeaxanthin (as Zeaxanthin Isomers) ..... 400 mcg .....\*

Astaxanthin (from *Haematococcus pluvialis*) ..... 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 (*Vitis vinifera*)(86% Polyphenols = 0.86 mg) .. 1 mg .....\*

Vanadium (as Sodium Metavanadate) ..... 10 mcg .....\*

\* Daily Value not established.

