

Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

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

* 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

MEGA MEN[®] ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

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

60 CAPLETS
60-DAY SUPPLY

CODE 179322

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

EUG

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg ... 117%
Vitamin C (as Ascorbic Acid)	100 mg ... 111%
Vitamin D (as Cholecalciferol)	30 mcg ... 150%
Vitamin E (as d-alpha Tocopheryl Succinate) ..	37.2 mg ... 248%
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	667 mcg DFE ... 167%
(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%
Choline (as Choline Bitartrate)	2.5 mg ... <1%
Calcium	250 mg ... 19%
(as Calcium Carbonate & Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate)	15 mg ... 1%

Amount Per Serving	% Daily Value
Iodine (as Potassium Iodide)	150 mcg ... 100%
Magnesium (as Magnesium Oxide)	125 mg ... 30%
Zinc (as Zinc Oxide)	30 mg ... 273%
Selenium (as Sodium Selenite)	120 mcg ... 218%
Copper (as Cupric Oxide)	2 mg ... 222%
Manganese (as Manganese Sulfate)	2 mg ... 87%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg ... 571%
Molybdenum (as Hydrolyzed Protein Chelate) ..	75 mcg ... 167%
Chloride (as Potassium Chloride)	72 mg ... 3%
Potassium (as Potassium Chloride)	80 mg ... 2%

Amino Acid Blend	20 mg ... *
(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)	
Inositol	2.5 mg ... *
Silica (as Silicon Dioxide)	2 mg ... *
Lutemax® 2020 Lutein	1 mg ... *
Lycopene	600 mcg ... *
Zeaxanthin	200 mcg ... *
Boron (as Hydrolyzed Protein Chelate)	150 mcg ... *
Tin (as Stannous Chloride)	10 mcg ... *
Vanadium (as Vanadyl Sulfate)	10 mcg ... *
Nickel (as Nickel Sulfate)	5 mcg ... *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carmel Color, Carnauba Wax, Ethyl Vanillin.

WARNING: 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.

Lot No./Best By:

