

No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Soy, No Dairy.

**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. This product contains EGCGs from green tea. Niacin may cause a temporary flushing reaction.

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

**For More Information:**  
1-888-462-2548

**GNC.com**  
**Distributed by:**  
**General Nutrition Corporation**  
**Pittsburgh, PA 15222 USA**

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**GNC**  
**earth**  
**GENIUS™**

# Men's Multivitamin

Cultured vitamins & minerals, fruits & veggies plus men's health support\*



gluten free



non gmo



vegetarian

DIETARY SUPPLEMENT | 120 VEGETARIAN CAPLETS | 60-DAY SUPPLY

**CODE 219122**

**DIRECTIONS:** As a dietary supplement, take two caplets daily with food.

## Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A .....	1500 mcg .....167%
Vitamin C .....	60 mg .....67%
Vitamin D .....	25 mcg (1000 IU) .....125%
Vitamin E .....	20.1 mg .....134%
Vitamin K .....	80 mcg .....67%
Thiamin (Vitamin B-1) .....	5 mg .....417%
Riboflavin (Vitamin B-2) .....	5 mg .....385%
Niacin.....	25 mg .....156%
Vitamin B-6.....	25 mg .....1471%
Folate.....	667 mcg DFE (400 mcg Folic Acid) .....167%
Vitamin B-12.....	150 mcg .....6250%
Biotin.....	300 mcg .....1000%
Pantothenic Acid.....	25 mg .....500%
Calcium.....	50 mg .....4%
Iodine.....	150 mcg .....100%
Magnesium.....	25 mg .....6%
Zinc.....	20 mg .....182%
Selenium.....	200 mcg .....364%
Copper.....	2 mg .....222%
Manganese.....	2 mg .....87%
Molybdenum.....	75 mcg .....167%

**Amount Per Serving** **% Daily Value**

<b>Fruit &amp; Vegetable Antioxidant Blend...50 mg .....</b> *	Spectra™ Total ORAC Blend of: Green Coffee Extract, Broccoli Sprout Powder, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Extract, Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf Powder, Oregano Leaf Powder, Cinnamon Bark Powder, Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit Powder, Black Currant Fruit Extract, Blueberry Fruit Extract, Sweet Cherry Fruit Powder, Blackberry Fruit Powder, Chokeberry Fruit Powder, Raspberry Fruit Powder, Spinach Leaf Powder, Kale Leaf Concentrate, Bilberry Fruit Extract, Brussels Sprout Powder
Lutein.....	2 mg .....
(from Marigold Flowers Extract)( <i>Tagetes erecta</i> )	
Zeaxanthin.....	400 mcg .....
(from Marigold Flowers Extract)( <i>Tagetes erecta</i> )	
<b>Men's Health Blend.....21 mg .....</b> *	Yohimbe Bark Extract ( <i>Pausinystalla yohimbe</i> ) (8% Yohimbine Alkaloids = 0.8 mg) Fenugreek Seed Powder ( <i>Trigonella foenograecum</i> ) Lycopene
<b>Digestive Health &amp; Comfort Blend.....20 mg .....</b> *	Ginger Root Extract ( <i>Zingiber officinale</i> ) (5% Gingerols = 0.5 mg), Cellulase, Papain, Bromelain

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Cultured Niacinamide†, Cultured Ascorbic Acid‡, Croscarmellose Sodium, Calcium Carbonate, Hydroxypropyl Methylcellulose, Cultured Zinc Oxide‡, Hydroxypropylcellulose, Calcium Ascorbate, Cultured Calcium d-Pantothenate‡, d-alpha Tocopherol, Magnesium Oxide, Stearic Acid Vegetable Source, Dicalcium Phosphate, Pyridoxine Hydrochloride, Calcium d-Pantothenate, Cultured Copper Sulfate‡, Cultured Manganese Sulfate‡, Silicon Dioxide, Ergocalciferol, Magnesium Stearate Vegetable Source, Zinc Oxide, Cultured Riboflavin‡, Cultured Pyridoxine Hydrochloride‡, Cultured Vitamin A Palmitate‡, Niacinamide, Cultured Thiamin Hydrochloride‡, Thiamin Hydrochloride, Spirulina Extract (Color), Cultured Phytonadione‡, Magnesium HPC‡, Vegetable Acetoglycerides, Cultured Folic Acid‡, Riboflavin, beta-Carotene, Potassium Iodide, Polyethylene Glycol, Riboflavin (Color), Cultured Biotin‡, Cultured Sodium Selenate‡, Cupric Sulfate, Medium Chain Triglycerides, Cultured Sodium Molybdate‡, Polysorbate 80, Molybdenum HPC‡, Ethylcellulose, Cultured Cyanocobalamin‡, Folic Acid, Biotin, Methylcobalamin, Triacetin, Selenium Yeast, Phytonadione, Diacetylated Monoglycerides, Oleic Acid.

† HPC (Hydrolyzed Protein Chelate). ‡ Contains Cultured Sources of Vitamins and Minerals (Cultured on Rice Protein, Yeast, Molasses, Papain, Bromelain, Gum Arabic and Maltodextrin).