

CODE 209311

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

**Each pack contains:**

Mega Men® Energy & Metabolism Multivitamin

## Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate).....	5,000 IU ..... 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate).....	300 mg ..... 500%
Vitamin D (as Cholecalciferol D-3).....	1,600 IU ..... 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate).....	30 IU ..... 100%
Vitamin K (as Phytonadione).....	80 mcg ..... 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	50 mg ..... 3333%
Riboflavin (Vitamin B-2).....	50 mg ..... 2941%
Niacin (as Niacinamide & Niacin).....	50 mg ..... 250%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	50 mg ..... 2500%
Folic Acid (as Folate).....	400 mcg ..... 100%
Vitamin B-12 (as Cyanocobalamin).....	50 mcg ..... 833%
Biotin.....	300 mcg ..... 100%
Pantothenic Acid (as Calcium d-Pantothenate).....	50 mg ..... 500%
Calcium (as Calcium Carbonate & Calcium Ascorbate).....	200 mg ..... 20%
Iodine (as Potassium Iodide).....	150 mcg ..... 100%
Magnesium (as Magnesium Oxide).....	100 mg ..... 25%
Zinc (as Zinc Oxide).....	25 mg ..... 167%
Selenium (as L-Selenomethionine).....	200 mcg ..... 286%
Copper (as Copper Sulfate).....	2 mg ..... 100%
Manganese (as Manganese Sulfate).....	2 mg ..... 100%
Chromium (as Chromium Chloride).....	120 mcg ..... 100%
Molybdenum (as Sodium Molybdate).....	75 mcg ..... 100%

**Energy & Metabolism Blend**.....150 mg  
 Caffeine Anhydrous, Green Tea Extract (*Camellia sinensis*)(Standardized to Polyphenols), Eleuthero Root Powder (*Eleutherococcus senticosus*), Capsimax® Capsicum Seed Extract (*Capsicum annuum*), Black Pepper Fruit Extract (*Piper nigrum*)(Standardized to Piperine)

**Super Antioxidant Blend**  
 alpha-Lipoic Acid.....25 mg  
 Lutemax® 2020 Lutein.....2 mg  
 Lycopene.....1 mg  
 Turmeric Root Extract (CurcuWIN™)(*Curcuma longa*)(Standardized to Curcuminoids).....500 mcg  
 Zeaxanthin (as Zeaxanthin Isomers).....400 mcg  
 Astaxanthin (from *Haematococcus pluvialis*).....50 mcg  
 beta-Cryptoxanthin.....10 mcg  
 Choline (as Choline Bitartrate).....10 mg  
 Inositol.....10 mg  
 Silica (as Silicon Dioxide).....4 mg  
 Boron (as Sodium Borate).....2 mg  
 Vanadium (as Sodium Metavanadate).....10 mcg

\* Daily Value not established.

**Other Ingredients:** Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

**CONTAINS: Fish and Soybeans.**  
Contains 100 mg of caffeine.  
Conforms to <2091> for weight.

### Energy & Metabolism Generator

## Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Niacin.....	20 mg ..... 100%
Caffeine Anhydrous, Capsimax® Capsicum Seed Extract.....	243.34 mg ..... *
( <i>Capsicum annuum</i> ), Black Pepper Fruit Extract ( <i>Piper nigrum</i> )(Standardized to Piperine)	
Garcinia cambogia Fruit Extract (Standardized to Hydroxy Citric Acid).....	100 mg ..... *
Green Tea Leaf Extract ( <i>Camellia sinensis</i> )(50% EGCG = 25 mg).....	50 mg ..... *
Green Coffee Bean Extract ( <i>Coffea sp.</i> )(Standardized to Chlorogenic Acid).....	50 mg ..... *
Lychee Fruit Extract ( <i>Litchi chinensis</i> ).....	25 mg ..... *

\* Daily Value not established.

**Other Ingredients:** Cellulose, Magnesium Stearate Vegetable Source, Silica, Chlorophyll.

**Contains 200 mg of caffeine.**

### Carnitine

## Supplement Facts

Serving Size One Capsule

Amount Per Serving	
L-Carnitine (as L-Carnitine L-Tartrate).....	500 mg*

\* Daily Value not established.

**Other Ingredients:** Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.

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ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

### High Potency Omega-3

## Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value
Calories.....	10
Calories from Fat.....	10
Total Fat.....	1 g <2%†
Total Omega-3s.....	882 mg *
EPA (Eicosapentaenoic Acid)(Omega-3).....	700 mg *
DHA (Docosahexaenoic Acid)(Omega-3).....	100 mg *
Other Omega-3s.....	82 mg *
Palmitic Acid Monoethanolamide.....	25 mg *

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

**Other Ingredients:** Fish Body Oil, Gelatin, Glycerin, Silicon Dioxide, Caramel Color.

ACTUAL SIZE

**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.

No Artificial Colors, No Artificial Flavors, No Dairy, Yeast Free.

**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

\*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 leading 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.

### Staminol

## Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Kola Nut Powder ( <i>Cola nitida</i> ).....	87.5 mg ..... *
Oat Straw Stems ( <i>Avena sativa</i> ).....	75 mg ..... *
L-Arginine.....	50 mg ..... *
GABA (gamma-Aminobutyric Acid).....	50 mg ..... *
Nettle Leaf ( <i>Urtica dioica</i> ).....	50 mg ..... *
Yohimbe Bark Extract ( <i>Pausinystalia yohimbe</i> ).....	30 mg ..... *
Maca Root Powder ( <i>Lepidium meyeri</i> ).....	25 mg ..... *
Epimedium Plant Extract ( <i>Epimedium sagittatum</i> ).....	25 mg ..... *
Horny Goat Weed ( <i>Epimedium sagittatum</i> ).....	10 mg ..... *
Muira Puama Root Powder ( <i>Ptychopetalum olacoides</i> ).....	5 mg ..... *
Damiana Leaf Powder ( <i>Turnera aphrodisiaca</i> ).....	5 mg ..... *
Saw Palmetto Berries Powder ( <i>Serenoa repens</i> ).....	5 mg ..... *

\* Daily Value not established.

**Other Ingredients:** Gelatin, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

**Contains: Wheat.**

**WARNING:** Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake.

ACTUAL SIZE

**Capsimax®** Capsimax® trademark belongs to OmniActive Health Technologies.

**CurcuWIN™** CurcuWIN™ trademark belongs to OmniActive Health Technologies.

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

# GNC

# MEGA MEN®

# Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants • Energy & Metabolism
- Heart Health • Sexual Health



30 PACKS

CLINICALLY STUDIED^

# Energy

## GNC

# MEGA MEN®

# Energy & Metabolism

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 men's multivitamin formula shown to work better than a basic multivitamin. ^
- ✓ **Antioxidants**  
Packed with antioxidants to help fight free radicals that can be produced during intense exercise. \*
- ✓ **Energy & Metabolism**  
Features a clinically studied thermogenic proven to boost energy and enhance calorie burning. Also provides nutrients to support physical endurance and B vitamins for energy production. \*
- ✓ **Heart Health**  
Has EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels. \*
- ✓ **Sexual Health**  
Includes herbs that are traditionally used to support sexual health and L-arginine, which plays a key role in sexual health. \*

\* 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.