

GNC
LIVE WELL

300 Sixth Avenue #2
Pittsburgh, PA 15222

Round: Release - HCass

Revise Date: 11/14/16

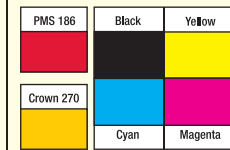
File name: 209711_2972xx_MMWholeBodyVitapak_Carton.eps

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Palette

4 Color Process + 1 Spot + Foil



Contact: Jeff Scott at GNC, 412.338.8918
or Email: jeffrey-scott@gnc-hq.com

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

• Changes made to suit production requirements must be approved by GNC.

• Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.

COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING.
Varnishes/Coatings may not be included in color palette specifications. Refer to print specifications.

GNP15010014.eps
5.5 x 4.5 x 4.5
30 count Vitapak

CODE 209711
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. For maximum benefits, take as directed every day.
Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	500 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
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 333%
Riboflavin (Vitamin B-2)	50 mg 294%
Niacin (as Nicotinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 200%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg 100%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	200 mg 50%
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)	120 mcg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%

Super Antioxidant Blend

alpha-Lipoic Acid	25 mg
Lutein* 2020 Lutein	1 mg
Grape Seed Extract (Vitis vinifera)	1 mg
Lycopene	1 mg
Turmeric Root Extract (Curcuma longa) (Standardized to Curcuminoids)	500 mcg
Zeaxanthin (as Zeaxanthin Bioners)	400 mcg
Anthaxanthin from Haematoxylin (plant)	50 mcg
beta-Cryptoxanthin	10 mcg

Fruit & Vegetable Blend

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 Seed Powder, Carrot Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Pumpkin Seed Powder (Cucurbita pepo), Saw Palmetto Berries Extract (Serenoa repens)	65.5 mg
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Amino Acid Blend

L-Arginine	50 mg
L-Glutamine	50 mg
Brain Health Blend	10 mg
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.

Supplement Facts

Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonoycosides = 20.8 mg) (6% Terpene Lactones = 7.2 mg) ... 120 mg*	

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Capsules, Cellulose, Magnesium Stearate, Vegetable Source. Potency verified by GNC procedure #5000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Supplement Facts

Amount Per Serving	% Daily Value
Joint Health Herb Blend	250 mg*
Saw Palmetto Berry Extract (Serenoa repens) 5% Fatty Acids	300 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid, Vegetable Source, Magnesium Stearate, Vegetable Source, Silicon Dioxide. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Supplement Facts

Amount Per Serving	% Daily Value
n-zimes® Proprietary Blend	146 mg*
Amylease 3500 DU, Protease 4.5 7500 HUT, Lipase 125 FIP, Glucosylase 5.5 AGU, Protease 5.0 7.5 SAPU, Bromelain 150,000 PCPU, Protease 6.0 1000 HUT, Papain 140,000 PCPU, Cellulase 50 DU, Diastase 82.5 IP, CereCase® Proprietary Blend, Hemicellulase, beta-Glucanase, Phytase	5 mg*

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose, Gelatin, Magnesium Stearate, Silica.

CONTAINS: Milk, Soybeans and Wheat.
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Supplement Facts

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	1.5 g
DHA (Docosahexaenoic Acid) (Omega-3)	540 mg
EPA (Eicosapentaenoic Acid) (Omega-3)	360 mg

1 Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Cholesta, Vitamin E, Gelatin Coating (Ethyl Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid). Potency verified by GNC procedure #5100. Conforms to USP <2091> for weight.

Supplement Facts

Amount Per Serving	% Daily Value
Joint Health Herb Blend	250 mg*
Saw Palmetto Berry Extract (Serenoa repens) 5% Fatty Acids	300 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid, Vegetable Source, Magnesium Stearate, Vegetable Source, Silicon Dioxide. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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

Supplement Facts

Amount Per Serving	% Daily Value
alpha-Lipoic Acid	50 mg*
Turmeric Root Extract (Curcuma longa) (Standardized to Curcuminoids)	50 mg*
resVida® trans-Resveratrol	30 mg
Lutein* 2020 Lutein	10 mg
Zeaxanthin (as Zeaxanthin Bioners)	2.2 mg

* Daily Value not established.

Other Ingredients: Cellulose, Cellulose, Magnesium Stearate, Vegetable Source, Silicon Dioxide. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate, Vegetable Source, Silicon Dioxide, Natural Mineral Whitener.

Supplement Facts

Amount Per Serving	% Daily Value
L-Leucine	500 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate, Vegetable Source, Titanium Dioxide, Natural Mineral Whitener.

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, Yeast Free.

CurcuWIN™ trademark belongs to OmniActive Health Technologies.
Lutemax® 2020 is a trademark of OmniActive Health Technologies.
n-zimes® and CereCase® are trademarks of National Enzyme Company, Inc.
resVida® is a trademark of DSM.

GNC
MEGA MEN®
Whole Body

Dietary Supplement
VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN*

- Our most comprehensive Vitapak® program that provides support for both wellness and performance
- Targets 13 core functions for head-to-toe support*



30 PACKS

CLINICALLY STUDIED^

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CLINICALLY STUDIED^

Whole Body

Whole Body

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.

- BRAIN HEALTH**
Ginkgo biloba for mental sharpness and Omega-3 fatty acids for healthy brain function*
- MUSCLE PROTEIN**
L-Leucine for muscle protein synthesis*
- DIGESTION**
Digestive enzyme complex to support healthy digestive function*
- COLON HEALTH**
Vitamin D to support colon health*
- BONE HEALTH**
Vitamin D and calcium for healthy bones plus a Joint Health formula*
- PROSTATE HEALTH**
Saw palmetto to support normal prostate function and healthy urinary flow*
- MEN'S HEALTH**
Clinically studied men's multivitamin*
- EYE HEALTH**
Omega-3 DHA, lutein and beta-carotene for eye health*
- HEART HEALTH**
Omega-3 fatty acids and lycopene to support cardiovascular health*
- CIRCULATION SUPPORT**
Clinically proven resVida®, which has been shown to support blood vessel dilation*
- CELL PROTECTION**
Antioxidants to protect against harmful free radicals*
- IMMUNE SUPPORT**
Vitamin C for immune support*
- ENERGY PRODUCTION**
An array of B vitamins for energy production*

* 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 basic multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, riboflavin, pantothenic acid, biotin, niacin) 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.
^ 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.

Please recycle this box.



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