

Gluten Free, No Eggs, No Milk,
No Tree Nuts, No Soy.

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[®]**

Dietary Supplement

GUMMY MULTIVITAMIN

- For energy & metabolism support*
- Supports immune health*
- Gluten free

MIXED BERRY
Natural Flavor

120 Delicious Gummies

60-Day Supply

CODE 102919

GTG

DIRECTIONS: As a dietary supplement, adults take two (2) gummy vitamins per day. Chew thoroughly before swallowing.

Supplement Facts

Serving Size Two Gummies
Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	15	Vitamin B-12 (as Cyanocobalamin)	7.2 mcg 300%
Total Carbohydrate	4 g 1%†	Biotin	30 mcg 100%
Total Sugars	3 g *	Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 50%
Includes 3 g Added Sugars	6%†	Iodine (as Potassium Iodide)	38 mcg 25%
Vitamin A (as Retinyl Palmitate)	720 mcg RAE 80%	Zinc (as Zinc Chelate)	3.8 mg 35%
Vitamin C (as Ascorbic Acid & Sodium Ascorbate)	30 mg 33%	Chromium (as Chromium Picolinate)	123 mcg 351%
Vitamin D (as Cholecalciferol D-3)	25 mcg (1000 IU) 125%	Molybdenum (as Molybdenum Citrate)	12 mcg 27%
Vitamin E (as dl-alpha-Tocopheryl Acetate)	15 mg 100%	Sodium	5 mg <1%
Vitamin B-6 (as Pyridoxine HCl)	4.3 mg 253%	Boron (as Boron Citrate)	150 mcg *
Folate	400 mcg DFE 100% (240 mcg Folic Acid)		

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Citric Acid, Colors (Blueberry and Carrot Concentrates, Purple Carrot Juice Concentrate), Fumaric Acid, Lactic Acid, Natural Flavors.

Processed in a facility with products that contain egg, fish, shellfish, soy and tree nuts.

WARNING: Take only as directed. Do not exceed suggested dosage. 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. Do not use if inner seal is missing or broken. Do not expose to excessive heat or moisture. Colors will darken over time. This does not alter the potency of the product. Inform your physician of this product's biotin content before any lab test.

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