CODE 179728 JWG

DIRECTIONS: As a dietary supplement, take two soft chews daily.

Supplement Facts

Serving Size Two Soft Chews
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrate	9 g	3%†
Total Sugars	6 g	**
Includes 6 g Added Sugars		12%†
Vitamin A (as beta-Carotene)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin D (as Cholecalciferol D-3)	20 mcg	100%
Vitamin E (as dl-Tocopheryl Acetate)	15 mg	100%
Thiamin (as Thiamin Mononitrate)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as Niacinamide)	16 mg NE	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1.7 mg	100%
Folate (as Folic Acid)	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B-12 (as Cyanocobalamin)	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as d-Panthenol)	5 mg	100%
Selenium (as Sodium Selenite)	55 mcg	100%
Molybdenum (as Molybdenum Yeast)	45 mcg	100%

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

OTHER INGREDIENTS: Raw Cane Sugar, Rice Syrup, Maltodextrin, Natural Flavors, Palm Oil, Soy Lecithin, Fruit and Vegetable Juice for Color, Citric Acid, Glycerin, Malic Acid, Sucralose.

CONTAINS: Soybeans.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

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. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

Gluten Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

Gf
GLUTEN FREE

* 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®
ESSENTIALS

Delicious, convenient soft chews specially formulated to help fill nutritional gaps.*

OVERALL HEALTH & WELLNESS
Delivers 14 vitamins & minerals at 100% recommended daily value.

IMMUNE HEALTH
Contains 100% daily value of vitamin C for immune support.*

ENERGY & METABOLISM SUPPORT
Packed with essential B-vitamins for energy production and carbohydrate metabolism.*

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