

WARNING: Cancer and Reproductive Harm –
www.P65Warnings.ca.gov. 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. Niacin may
 cause a temporary flushing reaction.
 No Artificial Flavors, Gluten Free, No Milk.
KEEP OUT OF REACH OF CHILDREN.
 Store in a cool, dry place.
 For More Information: 1-888-462-2548, GNC.com
 ^See carton for related information.

GNC

**MEGA
 MEN[®]**

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND[^]

Timed-Release

**90 CAPLETS
 45-DAY SUPPLY**



**CLINICALLY
 STUDIED[^]**



CODE 201412

DIRECTIONS: As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

GZG-7589

Supplement Facts

Serving Size Two Caplets/Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg RAE ... 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg ... 333%
Vitamin D (as Cholecalciferol)	50 mcg ... 250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg ... 134%
Vitamin K (as Phytonadione)	80 mcg ... 67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg ... 4167%
Riboflavin (Vitamin B-2)	50 mg ... 3846%
Niacin (as Niacinamide & Niacin) (as Pyridoxine Hydrochloride)	50 mg ... 313%
Vitamin B-6	50 mg ... 2941%
Folate (Folic Acid 400 mcg)	680 mcg DFE ... 170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg ... 2083%
Biotin	300 mcg ... 1000%

Amount Per Serving	% Daily Value
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg ... 1000%
Choline (as Choline Bitartrate)	10 mg ... 2%
Calcium (as Calcium Carbonate, Dicalcium Phosphate & Calcium D-Pantothenate)	210 mg ... 16%
Iodine (as Potassium Iodide)	150 mcg ... 100%
Magnesium (as Magnesium Oxide)	120 mg ... 29%
Zinc (as Zinc Oxide)	25 mg ... 227%
Selenium (as L-Selenomethionine)	200 mcg ... 364%
Copper (as Cupric Sulfate)	2 mg ... 222%
Manganese (as Manganese Sulfate)	2 mg ... 87%
Chromium (as Chromium Chloride)	120 mcg ... 343%
Molybdenum (as Sodium Molybdate)	75 mcg ... 167%

Fruit & Vegetable Blend	62.5 mg ... *
Orange Powder, Acai Fruit Powder, Cranberry Powder, Blueberry Fruit Powder, Pomegranate Fruit Powder, Strawberry Powder, Hawthorn Berry Powder, Elderberry Powder, Grape Powder, Tomato Powder, Carrot Powder, Papaya Fruit Powder,	

Amount Per Serving	% Daily Value
Pineapple Fruit Powder, Cauliflower Powder, Pumpkin Seed Powder, Apple Fruit Powder, Beet Root Powder	
alpha-Lipoic Acid	25 mg ... *
Inositol	10 mg ... *
Silica (as Silicon Dioxide)	4 mg ... *
Saw Palmetto (<i>Serenoa repens</i>)	3 mg ... *
Berry Powder	
Pumpkin (<i>Cucurbita pepo</i>) Seed Powder	3 mg ... *
Boron (as Sodium Borate)	2 mg ... *
Lutein (as Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg ... *
Lycopene	3 mg ... *
Zeaxanthin (Zeaxanthin Isomers) as Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg ... *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg ... *
Vanadium (as Sodium Metavanadate)	10 mcg ... *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Hydroxypropylcellulose, Polydextrose, Magnesium Stearate and Less than 2%: Acacia Gum, Caramel (Color), Corn Oil, Corn Starch, Gelatin, Glucose Syrup, Gum Arabic, Maltodextrin, Medium Chain Triglycerides, Mixed Tocopherols, Modified Starch, Natural Vanilla Flavor, Sodium Ascorbate, Starch, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate, Vegetable Oil.

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

Contains a bioengineered food ingredient.