

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

GNC**MEGA
MEN[®]**

⚠ 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.



GLUTEN FREE

No Artificial Flavors, Gluten Free, No Milk.

*See carton for related information.



MULTIVITAMIN
WITH CLINICALLY PROVEN BLEND*

DIETARY SUPPLEMENT

TIMED RELEASE
90 CAPLETS • 45-DAY SUPPLY

Supplement Facts

Serving Size Two Caplets/Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene1500 mcg RAE.....	167%
& 50% as Retinyl Acetate)	
Vitamin C (as Ascorbic Acid & Calcium Ascorbate).....	333%
Vitamin D (as Cholecalciferol).....	250%
Vitamin E (as d-alpha Tocopheryl Acetate).....	134%
Vitamin K (as Phytoladione).....	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	4167%
Riboflavin (Vitamin B-2).....	3846%
Niacin (as Niacinamide & Niacin).....	313%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	2941%
Folate.....	170%
(Folic Acid 400 mcg)	
Vitamin B-12 (as Cyanocobalamin).....	2083%
Biotin.....	1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	1000%
Choline (as Choline Bitartrate).....	2%
Calcium (as Calcium Carbonate, Calcium.....	15%
d-Pantothenate, Dicalcium Phosphate, Calcium Ascorbate)	
Iodine (as Potassium Iodide).....	100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide).....	31%
Zinc (as Zinc Oxide).....	227%
Selenium (as L-Selenomethionine).....	364%
Copper (as Copper Sulfate).....	222%
Manganese (as Manganese Sulfate).....	87%
Chromium (as Chromium Chloride).....	343%
Molybdenum (as Sodium Molybdate).....	167%
alpha-Lipoic Acid.....	25 mg.....*
Inositol.....	10 mg.....*
Silica (as Silicon Dioxide).....	4 mg.....*
Saw Palmetto (Serenoa repens) Berry Extract.....	3 mg.....*
Pumpkin (Cucurbita spp.) Seed Powder.....	3 mg.....*
Boron (as Sodium Borate).....	2 mg.....*
Lutein (from Marigold [Tagetes erecta].....	2 mg.....*
Flower Extract)	
Lycopene.....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers.....	400 mcg.....*
as Marigold [Tagetes erecta] Flower Extract)	
Astaxanthin (from Haematococcus pluvialis).....	50 mcg.....*
Vanadium (as Sodium Metavanadate).....	10 mcg.....*

Amount Per Serving	% Daily Value
alpha-Lipoic Acid.....	25 mg.....*
Inositol.....	10 mg.....*
Silica (as Silicon Dioxide).....	4 mg.....*
Saw Palmetto (Serenoa repens) Berry Extract.....	3 mg.....*
Pumpkin (Cucurbita spp.) Seed Powder.....	3 mg.....*
Boron (as Sodium Borate).....	2 mg.....*
Lutein (from Marigold [Tagetes erecta].....	2 mg.....*
Flower Extract)	
Lycopene.....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers.....	400 mcg.....*
as Marigold [Tagetes erecta] Flower Extract)	
Astaxanthin (from Haematococcus pluvialis).....	50 mcg.....*
Vanadium (as Sodium Metavanadate).....	10 mcg.....*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.