

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[®]

MULTIVITAMIN
WITH CLINICALLY PROVEN BLEND[^]



DIETARY SUPPLEMENT

180 CAPLETS • 90-DAY SUPPLY

TIMED RELEASE

CODE 206455

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate) .. 1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	333%
Vitamin D (as Cholecalciferol)	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	134%
Vitamin K (as Phytanadione)	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 d-Pantothenate,	15%
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] Flower Extract)	* 2 mg
Lycopene	* 1 mg
Zeaxanthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] ..	* 400 mcg
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.

▲ 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.