

**⚠ WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://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 Colors, No Artificial Flavors, Gluten Free. For More Information: 1-877-462-4700, GNC.com

# GNC

# MEGA MEN<sup>®</sup>

**ONE DAILY MULTI**

SCIENCE BACKED MULTIVITAMIN FORMULA\*

- Overall wellness\*
- Immune health\*

DIETARY SUPPLEMENT 60 CAPLETS • 60-DAY SUPPLY



\* 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.

CODE 206633

**DIRECTIONS:** As a dietary supplement, take one caplet daily with food.

ABG-7589

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	1050 mcg RAE..... 117%
Vitamin C (as Ascorbic Acid).....	100 mg..... 111%
Vitamin D (as Cholecalciferol).....	30 mcg (1200 IU)..... 150%
Vitamin E (as d-alpha Tocopheryl Succinate).....	30.1 mg..... 201%
Vitamin K (as Phytonadione).....	80 mcg..... 67%
Thiamin (Vitamin B-1).....	1.65 mg..... 138%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	1.87 mg..... 144%
Niacin (as Niacinamide).....	20 mg..... 125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	3.3 mg..... 194%
Folate.....	680 mcg DFE..... 170%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	25 mcg... 1042%
Biotin.....	300 mcg... 1000%
Pantothenic Acid.....	16.5 mg..... 330%
(as Calcium d-Pantothenate)	
Calcium (as Calcium Carbonate,.....	250 mg..... 19%
Calcium d-Pantothenate & Dicalcium Phosphate)	
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	125 mg..... 30%

Amount Per Serving	% Daily Value
Zinc (as Zinc Oxide).....	30 mg..... 273%
Selenium (as L-Selenomethionine).....	120 mcg..... 218%
Copper (as Copper Oxide).....	2 mg..... 222%
Manganese (as Manganese Sulfate).....	2 mg..... 87%
Chromium (as Chromium Chloride).....	200 mcg..... 571%
Molybdenum.....	75 mcg..... 167%
(as Sodium Molybdate)	
Chloride (as Potassium Chloride).....	72 mg..... 3%
Potassium (as Potassium Chloride).....	80 mg..... 2%

<b>Amino Acid Blend</b> .....	<b>20 mg.....*</b>
(as L-Carnitine, Taurine, L-Methionine, L-Glutamine)	
Inositol.....	2.5 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*
Lutein.....	1 mg.....*
(from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	
Lycopene.....	600 mcg.....*
Zeaxanthin (as Zeaxanthin Isomers from.....	200 mcg.....*
Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	
Boron (as Boron Amino Acid Chelate).....	150 mcg.....*
Vanadium (as Sodium Metavanadate).....	10 mcg.....*

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Corn Starch, Croscarmellose Sodium, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Hydroxypropyl Methylcellulose, Choline Bitartrate, Natural Cool Vanilla Flavor, Medium Chain Triglycerides, Steviol Glycosides. **CONTAINS: Soybeans.**

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

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

