

Contains 100 mg of caffeine.

No Artificial Colors,  
No Artificial Flavors,  
Gluten Free.



KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-877-462-4700  
GNC.com

**GNC**

**MEGA MEN<sup>®</sup>**

**Energy**

**ONE DAILY MULTI**

SCIENCE-BACKED FORMULA TO SUPPORT:

- Overall wellness\*
- Energy production\*
- Focus and performance\*

DIETARY SUPPLEMENT

60 CAPLETS • 60-DAY SUPPLY

**NEW  
PILL LOOK**  
**NO ARTIFICIAL  
COLORS**

\* 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 206933

IAG-7589

**DIRECTIONS:** As a dietary supplement, take one caplet daily with food. Do not take near bedtime.

**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)	24.3 mg	162%	
Vitamin K (as Phytonadione)	80 mcg	67%	
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.65 mg	138%	
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	408 mcg DFE (240 mcg Folic Acid)	102%	
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%	
Biotin	300 mcg	1000%	
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%	
Calcium (as Calcium Carbonate)	200 mg	15%	
Dicalcium Phosphate & Calcium d-Pantothenate			
Iodine (as Potassium Iodine)	150 mcg	100%	
Magnesium (as Magnesium Oxide)	100 mg	24%	
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 (as Sodium Molybdate)	75 mcg	167%	
Chloride (as Potassium Chloride)	72 mg	3%	
Potassium (as Potassium Chloride)	80 mg	2%	
Coffee (Coffea arabica) Bean Extract (Standardized to 98% Caffeine = 100 mg)	102 mg	*	
Lutein (from Marigold [Tagetes erecta] Flower Extract)	1 mg	*	
Lycopene (from Marigold [Tagetes erecta] Flower Extract)	1 mg	*	
Zeaxanthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] Flower Extract)	200 mcg	*	
Boron (as Boron Amino Acid Chelate)	150 mcg	*	
Vanadium (as Sodium Metavanadate)	10 mcg	*	

\* Daily Value not established.

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

**CONTAINS: Soybeans.**

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

**▲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.

