

Triple Strength Fish Oil

Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size One Yellow Softgel Capsule		
Calories	15	
Total Fat	1.5 g	2%†
Total Omega-3s (as Ethyl Esters)	1065 mg	*
Total EPA + DHA	1000 mg	*
EPA (Eicosapentaenoic Acid) Omega-3	734 mg	*
DHA (Docosahexaenoic Acid) Omega-3	267 mg	*

† Percent Daily Value is based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Fish Oil, Gelatin, Purified Water, Glycerin, Mixed Tocopherols.
CONTAINS: Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof) and Soybeans.



Herbal Plus® Ashwagandha 600 mg

Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size Two Brown Filled Capsules		
Ashwagandha (Withania somnifera) Root Extract (as KSM-66®)	600 mg*	

* Daily Value not established.
OTHER INGREDIENTS: Cellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide.



4 GNC Products in 1 Energizing Pack*

Tested for Purity & Potency



GNC Mega Men® Multivitamin

GNC's best-in-class, high-potency multivitamin is clinically shown to:**

- Help you feel better*
- Work better than a basic multi*
- Boost levels of key B vitamins, essential for energy production*
- Increase levels of immune-supporting nutrients*



Clinically Backed Thermogenic

Features a clinically studied thermogenic shown to help you burn more calories – with caffeine for mental alertness.†*



Herbal Plus® Ashwagandha 600mg

KSM-66® ashwagandha is clinically shown to support healthy testosterone levels, enhance vitality, and reduce feelings of stress.†*



Triple Strength Fish Oil

Provides whole body benefits including joint, skin, heart, brain, and eye health with high-potency, purified omega-3 fatty acids.†

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



GLUTEN FREE



KSM-66® is a registered trademark of Koreal Biomed, Inc.

Capsimax® is a trademark of OmniActive Health Technologies.

*In a randomized, double-blind, placebo-controlled study of 111 healthy participants, those taking the GNC vitamin and mineral blend for six weeks had statistically significant increases in serum levels of a group of B vitamins and a group of antioxidants and carotenoids based on a multivariate statistical analysis when compared to those taking placebo or a basic multivitamin. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

†KSM-66® has been studied in numerous randomized, double-blind, placebo-controlled trials. Key areas of research include hormonal health, stress management, and performance. Among other findings, KSM-66® has been shown to increase testosterone levels, enhance vitality, and reduce feelings of stress.

†In a double-blind, randomized, placebo-controlled, crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic 60 minutes before exercise, and on the second occasion, they took a placebo. When the subjects took the thermogenic, they burned three times more calories before, 3% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the placebo.

*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.

New: Stress Support* + 25% more Omega-3s

GNC MEGA MEN®

Energy & Metabolism

VITAPAK® PROGRAM

4 GNC Products in 1 Energizing Pack*

- Supports daily energy & focus*
- Burn more calories & boost metabolism*



200mg Caffeine

DIETARY SUPPLEMENT

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CODE 219933

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Do not take prior to bedtime. Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size Two Beige Caplets		
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phyltonadione)	80 mcg	67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate (400 mcg Folic Acid)	680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate, Dicalcium Phosphate & Calcium Ascorbate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	130 mg	31%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper 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%
alpha-Lipoic acid	25 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Saw Palmetto (Serenoa repens) Berries 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] Flower Extract)	400 mcg	*
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: Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof) and Soybeans.

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.

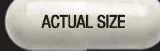
Clinically Backed Thermogenic

Supplement Facts

Amount Per Serving	% Daily Value	
Serving Size One White Filled Capsule		
Niacin	20 mg	125%
Caffeine Anhydrous	200 mg	*
Cayenne (Capsicum annuum) Fruit Extract (as Capsimax®)	33.34 mg	*
Black Pepper (Piper nigrum) Fruit Extract (Standardized to 50% Piperine = 5 mg)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide. Contains 200 mg of caffeine.



ACTUAL SIZE

FAG-333