

High Potency Omega-3

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Softgel Capsule	
Calories	10
Total Fat	1 g 1%†
Total Omega-3s	882 mg *
EPA (Eicosapentaenoic Acid) Omega-3	700 mg *
DHA (Docosahexaenoic Acid) Omega-3	100 mg *
Other Omega-3s	82 mg *
Palmitic Acid Monoethanolamide	25 mg *

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Silicon Dioxide, Caramel Color, Mixed Tocopherols.

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

▲ 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. This product contains EGCG from green tea. No Artificial Flavors.

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

For More Information:
1-888-462-2548
GNC.com

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

Stamino®

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Capsule	
Calcium	38 mg 3%
Proprietary Blend	100 mg *
L-Arginine, Epimedium (<i>Epimedium spp.</i>) (Whole Plant) Extract, Maca (<i>Lepidium meyenii</i>) Root Powder	
Oat Straw (<i>Avena sativa</i>) Stems Powder	75 mg *
GABA (gamma-Aminobutyric Acid)	50 mg *
Yohimbe (<i>Pausinystalia johimbe</i>) Bark Extract	30 mg *
Horny Goat Weed (<i>Epimedium sagittatum</i>) (Aerial Parts) Powder	10 mg *
Muira Puama (<i>Ptychopetalum olacoides</i>) Root Powder	5 mg *
Damiana (<i>Turnera diffusa</i>) Leaf Powder	5 mg *
Saw Palmetto (<i>Serenoa repens</i>) Berries Powder	5 mg *

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Gelatin, Water, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Sodium Lauryl Sulfate.

CONTAINS: Wheat.

WARNING: Use only as directed. Do not exceed recommended daily intake.



Capsimax® trademark belongs to OmniActive Health Technologies.



CurcuWIN® trademark belongs to OmniActive Health Technologies.



Lutemax® 2020 is a trademark of OmniActive Health Technologies.

GNC MEGA MEN®

Energy & Metabolism

Achieve your daily nutritional goals with customized ingredients plus a multivitamin with more than 30 clinically studied ingredients.

Men's Health

Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin. ^

Antioxidants

Packed with antioxidants to help fight free radicals that can be produced during intense exercise.*

Energy & Metabolism

Features a clinically studied thermogenic proven to boost energy and enhance calorie burning. Also provides nutrients to support physical endurance and energy production.*

Heart Health

Has EPA, which is important for cardiovascular and circulatory health and supports cholesterol and triglyceride levels that are already within the normal range.*

Sexual Health

Includes herbs that are traditionally used to support sexual health and L-arginine, which plays a key role in sexual health.*

* 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.

GNC

MEGA MEN®

Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND ^

- Antioxidants • Energy & Metabolism*
- Heart Health* • Sexual Health*



CLINICALLY STUDIED ^

30 PACKS

30-DAY SUPPLY

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CODE 219912

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® Energy & Metabolism Multivitamin

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Beige Capslets	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg RAE 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 333%
Vitamin D (as Cholecalciferol)	40 mcg 200%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg 134%
Vitamin K (as Phytonadione)	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	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 & Calcium Ascorbate)	200 mg 15%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	25 mg 227%
Selenium (as L-Selenomethionine)	200 mcg 364%
Copper (as Cupric 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%
Energy & Metabolism Blend	150 mg *
Caffeine Anhydrous, Green Tea (<i>Camellia sinensis</i>) Leaf Extract, Eleuthero (<i>Eleutherococcus senticosus</i>) Root Powder, Capsicum (<i>Capsicum annuum</i>) Fruit Extract, Black Pepper (<i>Piper nigrum</i>) Fruit Extract (Standardized to Piperine)	
Super Antioxidant Blend	28.96 mg *
alpha-Lipoic Acid	25 mg *
Lutein (from <i>Tagetes erecta</i> Flower Extract as Lutemax® 2020)	2 mg *
Lycopene	1 mg *
Turmeric (<i>Curcuma longa</i>) Root Extract (as CurcuWIN®)(20% Curcuminoids = 100 mcg)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
beta-Cryptoxanthin	10 mcg *
Inositol	10 mg *
Silicon Dioxide	4 mg *
Boron (as Sodium Borate)	2 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Amount Per Serving	% Daily Value
Serving Size One Capsule	
Niacin	20 mg 125%
Caffeine Anhydrous	200 mg *
Garcinia cambogia Fruit Extract	100 mg *
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	50 mg *
Green Coffee (<i>Coffea spp.</i>) Bean Extract	50 mg *
Capsicum (<i>Capsicum annuum</i>) Fruit Extract (as Capsimax®)	33.4 mg *
Lychee (<i>Litchi chinensis</i>) Fruit Extract	25 mg *
Black Pepper (<i>Piper nigrum</i>) Fruit Extract (50% Piperine = 5 mg)	10 mg *

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Sugar, Hydroxypropylcellulose, Calcium Silicate, Magnesium Stearate Vegetable Source, Talc, Silica, Chlorophyllin (Color).

Contains 200 mg of caffeine.

Carnitine

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Capsule	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.

Energy & Metabolism Generator

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Caffeine Anhydrous	200 mg *
Garcinia cambogia Fruit Extract	100 mg *
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	50 mg *
Green Coffee (<i>Coffea spp.</i>) Bean Extract	50 mg *
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ACTUAL SIZE

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Energy