

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. **Contains 100 mg of caffeine.** No Artificial Flavors, Gluten Free. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com

GNC

**MEGA
MEN[®]
ESSENTIALS**

Energy

ONE DAILY MULTI

Science-Backed Multivitamin Formula

- Mental & physical performance*
- Metabolism support*
- Muscle function*

60 CAPLETS • 60-DAY SUPPLY DIETARY SUPPLEMENT



* 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 211831

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 150%
Vitamin E	24.3 mg 162%
(as d-alpha Tocopheryl Succinate)	
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	410 mcg DFE 103%
(240 mcg Folic Acid)	
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 Iodide)	150 mcg 100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	30 mg 273%
Selenium (as L-Selenomethionine).....	120 mcg 218%
Copper (as Cupric 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).....	70 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Caffeine Anhydrous.....	
100 mg	*
Lutein	
1 mg	*
(from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Lycopene	
1 mg	*
Zeaxanthin (as Zeaxanthin Isomers	
200 mcg	*
from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Boron	
150 mcg	*
(as Boric Acid and Hydrolyzed Rice Protein Chelate)	
Vanadium (as Sodium Metavanadate)	
10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid and Less than 2%: Caramel (Color), Choline DL-Bitartrate, Corn Oil, Corn Starch, Croscarmellose Sodium, Glucose Syrup, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Carbonate, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Modified Starch, Natural Vanilla Flavor, Polydextrose, Polyethylene Glycol, Rice Flour, Silicon Dioxide, Sodium Ascorbate, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tocopherols, Tricalcium Phosphate.

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

Contains a bioengineered food ingredient.

KWG-7589