

GNC**MEGA MEN[®]****Focus & Cognition**VITAPAK[®] PROGRAM**STARTS WORKING DAY ONE.**

Stay laser-focused on your health with our daily packs curated just for men to support the brain, body and everyday wellness.*

✔ **CLARITY, CONCENTRATION & PERFORMANCE** Enhance energy, mental clarity, focus and concentration with our Cognition Complex – a targeted blend of caffeine, TeaCrine[®] theacrine and Cereboost[®], a clinically studied extract of American ginseng.*

✔ **BRAIN HEALTH** Support cognitive function with DHA, a crucial fatty acid involved in brain structure and nervous system support.*

✔ **OVERALL WELLNESS** Bolster everyday health and vitality with our clinically proven men's multivitamin blend, shown to boost levels of key nutrients with 100% or more daily value of 18 vitamins and minerals.**

*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[®]****Focus & Cognition**VITAPAK[®] PROGRAM

WITH OUR PROVEN MULTIVITAMIN BLEND*

Science-Backed Support for:

- Cognitive Performance*
- Mental Clarity*
- Focused Energy & Concentration*



DIETARY SUPPLEMENT

30 PACKS/30-DAY SUPPLY

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STARTS WORKING DAY ONE

CODE 221212

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

Each pack contains:

Mega Men[®] Multivitamin**Supplement Facts**

Amount Per Serving	% Daily Value
Serving Size Two Beige Caplets	
Vitamin A	1500 mcg RAE 167%
(50% as beta-Carotene & 50% as Retinyl Acetate)	
Vitamin C	300 mg 333%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D	50 mcg 250%
(as Cholecalciferol)	
Vitamin E	20.1 mg 134%
(as d-alpha Tocopheryl Acetate)	
Vitamin K	80 mcg 67%
(as Phytonadione)	
Thiamin (Vitamin B-1)	50 mg 4167%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	50 mg 3846%
(as Niacinamide & Niacin)	
Niacin	50 mg 313%
(as Niacinamide & Niacin)	
Vitamin B-6	50 mg 2941%
(as Pyridoxine Hydrochloride)	
Folate	680 mcg DFE 170%
(Folic Acid 400 mcg)	
Vitamin B-12	50 mcg 2083%
(as Cyanocobalamin)	
Biotin	300 mcg 1000%
(as Calcium d-Pantothenate)	
Pantothenic Acid	50 mg 1000%
(as Calcium d-Pantothenate)	
Choline	10 mg 2%
(as Choline Bitartrate)	
Calcium	200 mg 15%
(as Calcium Carbonate, Calcium d-Pantothenate, Dicalcium Phosphate & Calcium Ascorbate)	
Iodine	150 mcg 100%
(as Potassium Iodide)	
Magnesium	100 mg 24%
(as Magnesium Oxide)	
Zinc	25 mg 227%
(as Zinc Oxide)	
Selenium	200 mcg 364%
(as L-Selenomethionine)	
Copper	2 mg 222%
(as Cupric Sulfate)	
Manganese	2 mg 87%
(as Manganese Sulfate)	
Chromium	120 mcg 343%
(as Chromium Chloride)	
Molybdenum	75 mcg 167%
(as Sodium Molybdate)	

Amount Per Serving	% Daily Value
Fruit & Vegetable Blend 62.5 mg *	
Orange (<i>Citrus sinensis</i>) Peel Powder, Spinach (<i>Spinacia oleracea</i>) Leaf Powder, Elderberry (<i>Sambucus nigra</i>) Fruit Powder, Acai (<i>Euterpe oleracea</i>) Fruit Powder, Blueberry (<i>Vaccinium corymbosum</i>) Fruit Powder, Pomegranate (<i>Punica granatum</i>) Fruit Powder, Broccoli (<i>Brassica oleracea var. italica</i>) Floret and Stem Powder, Tomato (<i>Solanum lycopersicum</i>) Fruit Powder, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder, Grape (<i>Vitis vinifera</i>) Skin Powder, Carrot (<i>Daucus carota subsp. sativus</i>) Root Powder, Papaya (<i>Carica papaya</i>) Fruit Powder, Pineapple (<i>Ananas comosus</i>) Fruit Powder, Cauliflower (<i>Brassica oleracea var. botrytis</i>) Floret and Stem Powder, Kale (<i>Brassica oleracea var. viridis</i>) Leaf Powder, Apple (<i>Malus domestica</i>) Fruit Powder, Kiwi (<i>Actinidia deliciosa</i>) Fruit Powder	
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *

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

Each pack contains:

Mega Men[®] Multivitamin**Supplement Facts**

Amount Per Serving	% Daily Value
Serving Size Two Beige Caplets	
Silica (as Silicon Dioxide)	4 mg *
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract	3 mg *
Pumpkin (<i>Cucurbita spp.</i>) Seed Powder	3 mg *
Boron (as Sodium Borate)	2 mg *
Lutein (as Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg *
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

Amount Per Serving	% Daily Value
Fruit & Vegetable Blend 62.5 mg *	
Orange (<i>Citrus sinensis</i>) Peel Powder, Spinach (<i>Spinacia oleracea</i>) Leaf Powder, Elderberry (<i>Sambucus nigra</i>) Fruit Powder, Acai (<i>Euterpe oleracea</i>) Fruit Powder, Blueberry (<i>Vaccinium corymbosum</i>) Fruit Powder, Pomegranate (<i>Punica granatum</i>) Fruit Powder, Broccoli (<i>Brassica oleracea var. italica</i>) Floret and Stem Powder, Tomato (<i>Solanum lycopersicum</i>) Fruit Powder, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder, Grape (<i>Vitis vinifera</i>) Skin Powder, Carrot (<i>Daucus carota subsp. sativus</i>) Root Powder, Papaya (<i>Carica papaya</i>) Fruit Powder, Pineapple (<i>Ananas comosus</i>) Fruit Powder, Cauliflower (<i>Brassica oleracea var. botrytis</i>) Floret and Stem Powder, Kale (<i>Brassica oleracea var. viridis</i>) Leaf Powder, Apple (<i>Malus domestica</i>) Fruit Powder, Kiwi (<i>Actinidia deliciosa</i>) Fruit Powder	
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *

CODE 221212

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

Each pack contains:

Mega Men[®] Multivitamin**Supplement Facts**

Amount Per Serving	% Daily Value
Serving Size Two Beige Capsules	
American Ginseng	200 mg *
(Panax quinquefolius L.) Root Extract (Standardized to 10% Ginsenosides = 20 mg)	
Theacrine	100 mg *
Caffeine	100 mg *

Amount Per Serving	% Daily Value
Serving Size Two Beige Capsules	
Silica (as Silicon Dioxide)	4 mg *
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract	3 mg *
Pumpkin (<i>Cucurbita spp.</i>) Seed Powder	3 mg *
Boron (as Sodium Borate)	2 mg *
Lutein (as Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg *
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	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: Soybeans, Fish (Anchovy, Mackerel, Sardine, Whiting, Pollock, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

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

Contains a bioengineered food ingredient.

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

Each pack contains:

Cognition Complex

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Beige Capsules	
American Ginseng	200 mg *
(Panax quinquefolius L.) Root Extract (Standardized to 10% Ginsenosides = 20 mg)	
Theacrine	100 mg *
Caffeine	100 mg *

Amount Per Serving	% Daily Value
Serving Size One Yellow Softgel Capsule	
Calories	15
Total Fat	1.5 g 2%†
Cholesterol	<5 mg <2%
Total Omega-3s	1206 mg *
Docosahexaenoic Acid (DHA) Omega-3	1000 mg *
Other Omega-3s	206 mg *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Silicon Dioxide, Stearic Acid Vegetable Source.

INGREDIENTS: Fish Oil, Gelatin, Purified Water, Glycerin, Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid.

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

CODE 221212

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

Each pack contains:

Fish Oil

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Yellow Softgel Capsule	
Calories	15
Total Fat	1.5 g 2%†
Cholesterol	<5 mg <2%
Total Omega-3s	1206 mg *
Docosahexaenoic Acid (DHA) Omega-3	1000 mg *
Other Omega-3s	206 mg *

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

* Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Purified Water, Glycerin, Ethylcellulose, Sodium Alginate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Stearic Acid.

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

American Ginseng Root Extract as CEREBOOST[®], CEREBOOST[®] is a trademark of Naturex SA.

Theacrine as TeaCrine[®], TeaCrine[®] is a registered trademark and protected by Patents Pending, Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.

▲ **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.

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 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.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.