

Contains 100 mg of caffeine.
No Artificial Flavors, No Wheat, Gluten Free,
No Dairy.

KEEP OUT OF REACH OF
CHILDREN.

Store in a cool, dry place.

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

^See carton for related information.



GNC

MEGA MEN[®] Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND[^]

Timed-Release

90 CAPLETS
45-DAY SUPPLY



CLINICALLY
STUDIED[^]

CODE 201712

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets/Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A	1500 mcg ...167% (50% as beta-Carotene & 50% Retinyl Acetate)
Vitamin C.....	300 mg ...333% (as Ascorbic Acid & Calcium Ascorbate)
Vitamin D (as Cholecalciferol D-3).....	40 mcg ...200%
Vitamin E.....	20.1 mg ...134% (as Natural d-alpha Tocopheryl Acetate)
Vitamin K (as Phytonadione).....	80 mcg ...67%
Thiamin.....	50 mg ...4167% (Vitamin B-1)(as Thiamin Mononitrate)
Riboflavin (Vitamin B-2).....	50 mg ...3846%
Niacin (as Niacinamide & Niacin).....	50 mg ...313%
Vitamin B-6.....	50 mg ...2941% (as Pyridoxine Hydrochloride)
Folate.....	680 mcg DFE ...170% (400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	50 mcg ...2083%

Amount Per Serving % Daily Value

Biotin.....	300 mcg ...1000%
Pantothenic Acid.....	50 mg ...1000% (as Calcium d-Pantothenate)
Choline (as Choline Bitartrate).....	10 mg2%
Calcium.....	200 mg15% (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)
Iodine (as Potassium Iodide).....	150 mcg100%
Magnesium (as Magnesium Oxide).....	100 mg24%
Zinc (as Zinc Oxide).....	25 mg227%
Selenium (as L-Selenomethionine).....	200 mcg364%
Copper (as Copper Sulfate).....	2 mg222%
Manganese (as Manganese Sulfate).....	2 mg87%
Chromium (as Chromium Chloride).....	120 mcg343%
Molybdenum.....	75 mcg167% (as Sodium Molybdate)

Energy & Metabolism Blend..... 150 mg.....*

Caffeine Anhydrous, Green Tea Extract (Camellia sinensis)(Standardized to Polyphenols), Eleuthero

Amount Per Serving % Daily Value

Root Powder (<i>Eleutherococcus senticosus</i>), Capsimax [®] Capsicum Seed Extract, Black Pepper Fruit Extract (<i>Piper nigrum</i>)(Standardized to Piperine)	
Super Antioxidant Blend.....	28.96 mg.....*
alpha-Lipoic Acid.....	.25 mg.....*
Lutemax [®] 2020 Lutein.....	2 mg.....*
Lycopene.....	1 mg.....*
Turmeric Root Extract (CurcuWIN [®]).....	500 mcg.....*
(<i>Curcuma longa</i>)(20% Curcuminoids = 100 mcg)	
Zeaxanthin.....	400 mcg.....*
(as Zeaxanthin Isomers)	
Astaxanthin.....	50 mcg.....*
(from <i>Haematococcus pluvialis</i>)	
beta-Cryptoxanthin.....	10 mcg.....*
Inositol.....	10 mg.....*
Silicon Dioxide.....	4 mg.....*
Boron (as Sodium Borate).....	2 mg.....*
Vanadium (Sodium Metavanadate).....	10 mcg.....*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Stearic Acid Vegetable Source, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Caramel Color, Polyethylene Glycol, Talc, Titanium Dioxide (Mineral Whitener). **CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

⚠ 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 ECGC from green tea.

