

▲ **WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://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, No Milk.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Capsicum Seed Extract as Capsimax®. Capsimax® is a trademark of OmniActive Health Technologies.



GLUTEN  
FREE

# GNC MEGA MEN®

## Energy & Metabolism MULTIVITAMIN

Formulated for energy you can feel plus foundational nutrients to support metabolism.\*

✓ **MEN'S HEALTH**  
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin.^  
Helps support prostate health.\*

✓ **ENERGY**  
Shown to improve levels of key B vitamins essential for energy production.\*\*

✓ **CALORIE BURNING**  
Contains a combination of thermogenic ingredients that may support calorie burning and mental sharpness.\*

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

\* 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 MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND^

- Energy\*
- Calorie Burning\*
- Antioxidants\*

TIMED RELEASE

180 CAPLETS • 90-DAY SUPPLY

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DIETARY SUPPLEMENT

JYG-333  
DIRECTIONS: As a dietary supplement, take two caplets daily with food. Do not take before bedtime.

## Supplement Facts

Serving Size Two Caplets Servings Per Container 90		
Amount Per Serving	% Daily Value	
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	250%
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 (400 mcg Folic Acid)	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, Dicalcium Phosphate & Calcium d-Pantothenate)	210 mg	16%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	120 mg	29%
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%
Coffee (Coffea arabica) Bean Powder (Standardized to 98% Caffeine = 100 mg)	102 mg	*
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
Capsicum (Capsicum annuum) Seed Extract	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg)	2.6 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein (from Marigold [Tagetes erecta] Flower Extract)	2 mg	*
Lycopene	2 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, Polyvinyl Alcohol, 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, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA  
Contains bioengineered food ingredients.