

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 Formula to Support:

- Overall wellness*
- Energy support*
- Focus & performance*
- Immune support*

DIETARY SUPPLEMENT

60 CAPLETS • 60-DAY SUPPLY

CODE 206912

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	408 mcg DFE 102%
(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)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Coffee (Coffea arabica) Bean Powder	102 mg *
(Standardized to 98% Caffeine = 100 mg)	
Lutein	1 mg *
(from Marigold [Tagetes erecta] Flower Extract)	
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg *
from Marigold [Tagetes erecta] Flower Extract)	
Boron (as Sodium Borate)	150 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Croscarmellose Sodium, Polyvinyl Alcohol, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Choline Bitartrate, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

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

Contains a bioengineered food ingredient.

⚠ 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.

* 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.

