



GLUTEN FREE

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

ONE DAILY MULTI

Science-Backed Formula to Support:

- Overall wellness*
- Immune health*

DIETARY SUPPLEMENT

60 CAPLETS • 60-DAY SUPPLY

CODE 206612

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

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 (as d-alpha Tocopheryl Succinate)	30.2 mg ... 201%
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	680 mcg DFE ... 170%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	25 mcg .. 1042%
Biotin	300 mcg .. 1000%
Pantothenic Acid	16.5 mg ... 330%
(as Calcium D-Pantothenate)	
Calcium (as Calcium Carbonate,	250 mg 19%
Dicalcium Phosphate and Calcium d-Pantothenate)	
Iodine (as Potassium Iodide)	150 mcg ... 100%
Magnesium (as Magnesium Oxide)	125 mg 30%

Amount Per Serving	% Daily Value
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%
Amino Acid Blend	20 mg *
(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)	
Inositol	2.5 mg *
Silica (as Silicon Dioxide)	2 mg *
Lutein	1 mg *
(from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Lycopene	600 mcg *
Zeaxanthin (as Zeaxanthin Isomers from	200 mcg *
Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Boron (as Boric Acid)	150 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, 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.

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