

*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.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



2X MORE D-3†



**MEGA
MEN®**

Dietary Supplement

**CLINICALLY STUDIED
MULTIVITAMIN[^]**

- With 1,600 IU of vitamin D-3 for colon health and immune support*
- B-vitamins for energy support*

**Timed-Release
90 CAPLETS**



CLINICALLY
STUDIED[^]

Mega Men®

CODE 177112

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 (50% as beta-Carotene; 50% as Retinyl Acetate) 5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 300 mg	500%
Vitamin D (as Cholecalciferol D-3) 1600 IU	400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate) 30 IU	100%
Vitamin K (as Phytonadione) 80 mcg	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate) 50 mg	3333%
Riboflavin (Vitamin B-2) 50 mg	2941%
Niacin (as Niacinamide & Niacin) 50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg	2500%
Folic Acid 400 mcg	100%
Vitamin B-12 (as Cyanocobalamin) 50 mcg	833%
Biotin 300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate) 50 mg	500%
Calcium (as Calcium Carbonate) 200 mg	20%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	25%
Zinc (as Zinc Oxide) 25 mg	167%
Selenium (as L-Selenomethionine) 200 mcg	286%
Copper (as Cupric Oxide) 2 mg	100%
Manganese (as Manganese Sulfate) 2 mg	100%
Chromium (as Hydrolyzed Protein Chelate) 120 mcg	100%
Molybdenum (as Sodium Molybdate) 75 mcg	100%

Amount Per Serving	% Daily Value
Proprietary Amino Acid Blend 100 mg	*
L-Taurine, L-Methionine, L-Glutamine, L-Carnitine	
Superfoods Fruit and Vegetable Blend 105 mg	*
Orange Peel Powder, Pumpkin Seed Meal, Saw Palmetto Berry Extract, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	
alpha-Lipoic Acid 25 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>) 40 mg	*
Choline (as Choline Bitartrate) 10 mg	*
Inositol 10 mg	*
Silica (as Silicon Dioxide) 4 mg	*
Boron (as Hydrolyzed Protein Chelate) 2 mg	*
Lutemax 2020™ Lutein 950 mcg	*
Lycopene 950 mcg	*
Zeaxanthin (as Zeaxanthin Isomers) 190 mcg	*
Astaxanthin 50 mcg	*
Vanadium (as Sodium Metavanadate) 10 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.

WARNING: 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.

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

[^]†See carton for related information.

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