

21ST
CENTURY®



DIETARY SUPPLEMENT
HIGH POTENCY

50%
FREE

45-Day
Supply

Multivitamin & Multimineral

Mega
Multi

For MEN

Compare Active Ingredients To
GNC's Mega Men®†

90 ~~60~~ Tablets

DIRECTIONS: As a dietary supplement, take up to two (2) tablets daily, with any meal for maximum daily results, or as directed by a healthcare provider.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No added Salt, Yeast or Preservatives.

†Mega Men® is a registered trademark of General Nutrition Corporation, Pittsburgh, PA 15222

21st Century's® Mega Multi For Men is a high potency multivitamin that helps neutralize free radicals and is complete with over 35 essential vitamins, minerals and nutrients.*

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



7 40985 22658 2



Mega Multi for Men

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 45

Amount Per Serving		% DV
Vitamin A (100% as Betatene® Beta Carotene)	10,000 I.U.	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	200 I.U.	50%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 I.U.	333%
Vitamin K (as Phyltonadione)	75 mcg	94%
Thiamin (Thiamin Mononitrate, B1)	30 mg	2000%
Riboflavin (Vitamin B2)	30 mg	1785%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine HCl)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
Biotin	250 mcg	83%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Citrate)	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 Selenium Yeast)	100 mcg	143%
Copper (as Copper Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	5 mg	250%
Chromium (as Chromium Picolinate)	50 mcg	42%
Silica (as Silicon Dioxide)	10 mcg	**
Choline (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
para-Aminobenzoic Acid	10 mg	**
Citrus Bioflavonoids Complex	25 mg	**
Damiana (Turnera aphrodisiaca)(leaf)	70 mg	**
Korean Ginseng (Panax ginseng)(root)	70 mg	**
Oat Straw (Avena sativa)(leaf)	70 mg	**
Deodorized Garlic (Allium sativum)(root)	50 mg	**
Oyster Extract	50 mg	**
Saw Palmetto (Serenoa repens)(berry)	50 mg	**
L-Cysteine	50 mg	**
Nettle (Urtica dioica)(leaf)	30 mg	**
Pumpkin (Cucurbita pepo)(seed)	30 mg	**
d-Methionine	10 mg	**
alpha-Lipoic Acid	5 mg	**
Lutein	500 mcg	**
Lycopene	350 mcg	**

** Daily Value (DV) not established.

Other Ingredients: Stearic Acid, Cellulose, Hydroxypropyl Methylcellulose, Malic Acid, Silicon Dioxide, Hydroxypropyl Cellulose, Natural Vanilla Flavor, Magnesium Stearate, Ethylcellulose. Contains a shellfish ingredient (oyster). Betatene® Natural Beta Carotene with Mixed Carotenoids (Beta Carotene, Alpha Carotene, Zeaxanthin, Cryptoxanthin, Lutein). Betatene® is a registered trademark of Cognis Corp.