

2X MORE D-3¹



**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*

Mega Men[®]



Timed-Release

4 CAPLETS



CLINICALLY
STUDIED[®]



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Store in a cool, dry place.

KEEP OUT OF REACH
OF CHILDREN.

Please recycle.

For more information: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

*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.

¹Compared to leading brands.
This product for six weeks experienced significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

CODE 177102

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

ILG

Supplement Facts

Serving Size Two Caplets Servings Per Container 2

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU ... 100%	Zinc (as Zinc Oxide)	25 mg ... 50%	Choline (as Choline Bitartrate)	10 mg ...
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg ... 50%	Selenium (as L-Selenomethionine)	200 mcg ... 50%	Biotin	10 mcg ...
Vitamin D (as Cholecalciferol D3)	1600 IU ... 400%	Copper (as Copper Gluconate)	2 mg ... 100%	Manganese (as Manganese Bitartrate)	2 mg ...
Vitamin E (as Natural d-alpha-Tocopheryl Acetate)	50 IU ... 100%	Magnesium (as Magnesium Bitartrate)	1 mg ... 100%	Chromium (as Chromium Picolinate)	200 mcg ...
Vitamin K (as Phylloquinone)	50 mcg ... 100%	Calcium (as Hydroxyapatite Protein Calcium)	120 mg ... 100%	Lysine	950 mg ...
Thiamine (as Thiamine Mononitrate)	50 mg ... 200%	Polysorbate (as Sorbitol Polydextrose)	75 mg ... 100%	Cholesterol (as Cholesterol Bitartrate)	100 mg ...
Riboflavin (as Riboflavin-5-Phosphate)	50 mg ... 200%			Aluminum	50 mg ...
Niacin (as Nicotinamide and Nicotinic Acid)	50 mg ... 200%			Phosphorus (as Sodium Phosphate)	10 mg ...
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mg ... 200%				
Folic Acid	400 mcg ... 100%				
Vitamin B12 (as Cyanocobalamin)	50 mcg ... 100%				
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg ... 100%				
Calcium (as Calcium Carbonate)	200 mg ... 20%				
Iron (as Ferrous Sulfate)	100 mg ... 100%				
Magnesium (as Magnesium Oxide)	100 mg ... 25%				

OTHER INGREDIENTS: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycolides, Caramel Color, Ethyl Vanillin.

CONTAINS: Soybeans and Fish.

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.

