

No Artificial Flavors, No Wheat,
Gluten Free, No Dairy.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* 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.

GNC

MEGA MEN[®] Sport ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Features beta-alanine, a high-efficiency muscle pH buffer*
- Packed with B vitamins to support energy production*

60 CAPLETS

NEW

CODE 211812

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 117%
Vitamin C (as Ascorbic Acid)	100 mg 111%
Vitamin D (as Cholecalciferol D-3)	30 mcg (1200 IU) 150%
Vitamin E	30 mg 200%
(as Natural 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	400 mcg DFE 100%
(240 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)	
Choline (as Choline Bitartrate)	10 mg 2%
Calcium	200 mg 15%
(as Calcium Carbonate & Dicalcium Phosphate)	

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate)	15 mg 1%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	30 mg 273%
Selenium (as Sodium Selenate)	120 mcg 218%
Copper (as Copper Gluconate)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium	200 mcg 571%
(as Chromium Hydrolyzed Protein Chelate)	
Molybdenum	75 mcg 167%
(as Molybdenum Amino Acid Chelate)	
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Caffeine Anhydrous	100 mg *
CarnoSyn [®] Beta-Alanine	10 mg *
Boron (as Sodium Borate)	2 mg *
Lutein	2 mg *
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropyl Methylcellulose, Calcium Silicate, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide, Vegetable Acetoglycerides, Titanium Dioxide (Mineral Whitener), Caramel Color, Polyethylene Glycol, Polysorbate 80, Talc.

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.

Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn[®].

Lot No./Best By:

