

DIRECTIONS: As a dietary supplement, take the contents of one packet daily with food.

Mega Men® Sport

Supplement Facts

Serving Size Two Brown Caplets		
Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as Acetate)	5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	500%
Vitamin D (as Cholecalciferol D-3)	600 IU	150%
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	600 mcg	150%
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 & Calcium Citrate Malate)	200 mg	20%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
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%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Branched Chain Amino Acid Blend L-Valine, L-Leucine, L-Isoleucine	150 mg	*
Creatine Precursor Blend Guanidinoacetic Acid, Glycine, L-Methionine	150 mg	*
Proprietary Sports Blend Green Tea Leaf Extract (<i>Camellia sinensis</i>), L-Glutamine, L-Taurine, beta-Alanine, L-Carnitine	100 mg	*
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*

Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lutein (as Lutein Esters)	950 mcg	*
Lycopene	950 mcg	*
Astaxanthin	50 mcg	*
Zeaxanthin	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.
Potencies verified by GNC procedure #5015.
Conforms to USP <2091> for weight.
Disintegrates over five hours for timed-released benefit.

Energy Enhancer

Supplement Facts

Serving Size Two Beige Caplets		
Amount Per Serving		
Guarana Seed Extract (<i>Paullinia cupana</i>) (36% Caffeine = 180 mg)	495 mg	*
Black Tea Leaves Extract (<i>Camellia sinensis</i>)	272 mg	*
MegaNatural® Grape Skin & Seed Extract (<i>Vitis vinifera</i>)	210 mg	*
Ginger Root Extract (<i>Zingiber officinale</i>)	200 mg	*
MegaNatural® Gold Grape Seed Extract (<i>Vitis vinifera</i>)	125 mg	*
Dill Weed Extract (<i>Anethum graveolens</i>)	5 mg	*

* Daily Value not established.

Other Ingredients: Dextrose, Cellulose, Starch, Titanium Dioxide (Natural Mineral Whitener), Caramel Color, Ethyl Vanillin.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Nitric Oxide Maximizer

Supplement Facts

Serving Size Two Beige Capsules		
Amount Per Serving		
L-Arginine	1 g	*
MegaNatural®-BP™ Grape Seed Extract (<i>Vitis vinifera</i>)	100 mg	*
Whole Apple (<i>Malus</i> sp.) & Grape Extract (<i>Vitis vinifera</i>)	50 mg	*
Cinnamon Bark Powder (<i>Cinnamomum cassia</i>)	1 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, Cellulose.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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.

No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free.

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

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

L-Glutamine

Supplement Facts

Serving Size One White Caplet		
Amount Per Serving		
L-Glutamine	1000 mg	*

* Daily Value not established.

Other Ingredients: Cellulose.
Potency verified by GNC procedure #5014. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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WOMEN'S

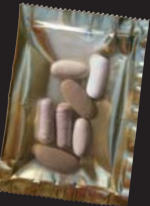
GNC

MEGA MEN®
SPORT

Dietary Supplement

Performance program for active men

- Multivitamin support
- Increases energy levels*
- Supports muscle and protein synthesis*
- Boosts nitric oxide*



* 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.

30 VITAPAKS



Dr. Frank J. Costa, M.D., an internationally acclaimed urological surgeon and men's health expert, is part of the GNC Medical Advisory Board.
One of "America's Top Physicians," Dr. Costa lectures nationally and internationally on men's health topics. Dr. Costa is regularly featured in television, radio and newspaper interviews and has published articles in both professional journals and popular magazines.

"Proper nutrition is essential for optimal athletic performance. I recommend the Mega Men Sport Vitapak. It provides a strategic combination of vitamins, minerals and other nutrients to fuel performance while supporting good health."

MEGA MEN® SPORT VITAPAK

Adequate nutrition is essential for both optimal health and athletic performance. In fact, proper nutrition during training is one of the keys to success. Strenuous workouts can deplete the body of important nutrients, particularly minerals and water soluble vitamins. Exercise can also increase oxidation that, in turn, increases the production of harmful free radicals.

- **Mega Men Sport** – This scientifically designed formula features a proprietary sports blend that includes green tea, ginkgo biloba and B-vitamins. B-vitamins are essential for carbohydrate metabolism and energy production.* It is also enhanced with essential amino acids known as branched chain amino acids (BCAA). BCAA fuel skeletal muscles and help to reduce the amount of protein breakdown during intense exercise.* In addition, Mega Men Sport includes a creatine precursor blend and a premium antioxidant blend to protect cells from damaging free radicals.*
- **Energy Enhancer** – A clinically proven thermogenic formula that helps to enhance metabolism, burn calories and boost energy levels.* Its powerful ingredients enhance cellular energy utilization and promote increased cellular metabolic activity.*
- **L-Glutamine** – An important amino acid that plays a pivotal role in the nitrogen balance in the body, provides an anti-catabolic effect and is involved in protein synthesis.* Prolonged high-intensity exercise has been shown to decrease glutamine levels.
- **Nitric Oxide Maximizer** – Features ingredients shown to exhibit powerful nitric oxide boosting properties. Includes antioxidants with L-arginine, an amino acid and building block of nitric oxide which helps maintain blood vessel tone.*

This complete nutritional plan provides a convenient way to achieve your daily nutritional goals. Each packet is easy to take with you to the gym, to work or when traveling.

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