

Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

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[®] ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Supports men's health*
- Fuels muscle performance*
- Includes support for immune
& brain health*

60 CAPLETS

CODE 179322

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)	3500 IU..... 70%
Vitamin C (as Ascorbic Acid)	100 mg..... 167%
Vitamin D (as Cholecalciferol D-3)	1200 IU..... 300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	45 IU..... 150%
Vitamin K (as Phytonadione)	80 mcg..... 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.65 mg..... 110%
Riboflavin (Vitamin B-2)	1.87 mg..... 110%
Niacin (as Niacinamide)	20 mg..... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg..... 165%
Folic Acid	400 mcg..... 100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg..... 417%
Biotin	300 mcg..... 100%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg..... 165%
Calcium	250 mg..... 25%
(as Calcium Carbonate & Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate)	15 mg..... 2%
Iodine (as Potassium Iodide)	150 mcg..... 100%
Magnesium (as Magnesium Oxide)	125 mg..... 31%
Zinc (as Zinc Oxide)	30 mg..... 200%
Selenium (as Sodium Selenite)	120 mcg..... 171%

Amount Per Serving	% Daily Value
Copper (as Cupric Oxide)	2 mg..... 100%
Manganese (as Manganese Sulfate)	2 mg..... 100%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg..... 167%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg..... 100%
Chloride (as Potassium Chloride)	72 mg..... 2%
Potassium (as Potassium Chloride)	80 mg..... 2%

Amino Acid Blend	20 mg..... *
(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)	

Brain Health Blend	
Choline (as Choline Bitartrate)	2.5 mg..... *
Inositol	2.5 mg..... *

Eye Health & Free Radical Protection Blend	
Lutemax® 2020 Lutein	1 mg..... *
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg..... *

Men's Health & Mineral Blend	
Silica (as Silicon Dioxide)	2 mg..... *
Lycopene	600 mcg..... *
Boron (as Hydrolyzed Protein Chelate)	150 mcg..... *
Tin (as Stannous Chloride)	10 mcg..... *
Vanadium (as Vanadyl Sulfate)	10 mcg..... *
Nickel (as Nickel Sulfate)	5 mcg..... *

* Daily Value not established.

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

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.

Conforms to USP <2091> for weight.

FSG