

Gluten Free, No Eggs, No Milk,  
No Tree Nuts, No Soy.  
**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<sup>®</sup>**

Dietary Supplement

GUMMY MULTIVITAMIN

- For energy & metabolism support\*
- Supports immune health\*
- Gluten free

**MIXED BERRY**  
Natural Flavor

120 Delicious Gummies      60-Day Supply

CODE 102919 GTG  
**DIRECTIONS:** As a dietary supplement, adults take two (2) gummy vitamins per day. Chew thoroughly before swallowing.

| Supplement Facts                                |  |                      |  |                                              |  |
|-------------------------------------------------|--|----------------------|--|----------------------------------------------|--|
| Serving Size Two Gummies                        |  |                      |  |                                              |  |
| Servings Per Container 60                       |  |                      |  |                                              |  |
| Amount Per Serving                              |  | % Daily Value        |  | Amount Per Serving                           |  |
| Calories                                        |  | 15                   |  | Vitamin B-12 (as Cyanocobalamin)             |  |
| Total Carbohydrate                              |  | 4 g                  |  | 30 mcg                                       |  |
| Total Sugars                                    |  | 3 g                  |  | 100%                                         |  |
| Includes 3 g Added Sugars                       |  | 6%†                  |  | Pantothenic Acid (as Calcium d-Pantothenate) |  |
| Vitamin A (as Retinyl Palmitate)                |  | 720 mcg RAE          |  | 2.5 mg                                       |  |
| Vitamin C (as Ascorbic Acid & Sodium Ascorbate) |  | 30 mg                |  | 50%                                          |  |
| Vitamin D (as Cholecalciferol D-3)              |  | 25 mcg (1000 IU)     |  | Iodine (as Potassium Iodide)                 |  |
| Vitamin E (as dl-alpha-Tocopheryl Acetate)      |  | 15 mg                |  | 38 mcg                                       |  |
| Vitamin B-6 (as Pyridoxine HCl)                 |  | 4.3 mg               |  | 25%                                          |  |
| Folate                                          |  | 400 mcg DFE          |  | Zinc (as Zinc Chelate)                       |  |
|                                                 |  | (240 mcg Folic Acid) |  | 3.8 mg                                       |  |
|                                                 |  | 100%                 |  | 35%                                          |  |
|                                                 |  |                      |  | Chromium (as Chromium Picolinate)            |  |
|                                                 |  |                      |  | 123 mcg                                      |  |
|                                                 |  |                      |  | 351%                                         |  |
|                                                 |  |                      |  | Molybdenum (as Molybdenum Citrate)           |  |
|                                                 |  |                      |  | 12 mcg                                       |  |
|                                                 |  |                      |  | 27%                                          |  |
|                                                 |  |                      |  | Sodium                                       |  |
|                                                 |  |                      |  | 5 mg                                         |  |
|                                                 |  |                      |  | <1%                                          |  |
|                                                 |  |                      |  | Boron (as Boron Citrate)                     |  |
|                                                 |  |                      |  | 150 mcg                                      |  |
|                                                 |  |                      |  | *                                            |  |

**OTHER INGREDIENTS:** Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Citric Acid, Colors (Blueberry and Carrot Concentrates, Purple Carrot Juice Concentrate), Fumaric Acid, Lactic Acid, Natural Flavors.  
*Processed in a facility with products that contain egg, fish, shellfish, soy and tree nuts.*  
**WARNING:** Take only as directed. Do not exceed suggested dosage. 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. Do not use if inner seal is missing or broken. Do not expose to excessive heat or moisture. Colors will darken over time. This does not alter the potency of the product. Inform your physician of this product's biotin content before any lab test.