CODE 209711 HUG

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. For maximum benefits, take as directed every day.

Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol D-3)	40 mcg	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	680 mcg DFE (Folic Acid 400 mcg)	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Amino Acid Blend	**100 mg**	*
L-Arginine	50 mg	*
L-Glutamine	50 mg	*
Fruit & Vegetable Blend	**68.5 mg**	*
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Saw Palmetto Berries Extract (*Serenoa repens*), Pumpkin Seed Powder (*Cucurbita pepo*).		
Super Antioxidant Blend	**28.96 mg**	*
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (CurcuWIN®)(*Curcuma longa*)(20% Curcuminoids = 100 mg)	500 mg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mg	*
beta-Cryptoxanthin	10 mg	*
Brain Health Blend	**17.01 mg**	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (*Vitis vinifera*)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Titanium Dioxide (Mineral Whitener), Caramel Color, Polyethylene Glycol, Talc. **CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

ACTUAL SIZE

Brain Health

Supplement Facts

Serving Size One Tan Capsule

Amount Per Serving	
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)	120 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Vegetable Cellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source.
Potency verified by GNC procedure #5000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
Acacia catechu Wood & Bark Extract and Chinese Skullcap (*Scutellaria baicalensis*) Root Extract	250 mg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide.
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

Digestive Enzymes

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
n•zimes® Proprietary Blend Amylase 3500 DU, Protease 4.5 7500 HUT, Lipase AN 125 FIP, Glucoamylase 5.5 AGU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FCCPU, Protease 6.0 1000 HUT, Papain 140,000 FCCPU, Cellulase 50 CU, Diastase 62.5 DP	146 mg*
CereCalase® Proprietary Blend Hemicellulase, beta-Glucanase, Phytase	5 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Gelatin, Medium Chain Triglycerides, Magnesium Stearate, Silica.
CONTAINS: Milk, Soybeans and Wheat.
Meets USP <2040> disintegration.

ACTUAL SIZE

Heart & Eye Health

Supplement Facts

Serving Size One Amber Softgel

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
EPA (Eicosapentaenoic Acid) Omega-3	540 mg	*
DHA (Docosahexaenoic Acid) Omega-3	360 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Vitamin E, Enteric Coating (Ethylcellulose, Sodium Alginate, Ammonium Hydroxide Medium Chain Triglycerides, Oleic & Stearic Acid).
Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

ACTUAL SIZE

Vitality & Prostate Health

Supplement Facts

Serving Size One Dark Brown Capsule

Amount Per Serving	
Saw Palmetto Berry Extract (*Serenoa repens*)(85% Fatty Acids = 272 mg)	320 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Mineral Whitener).
Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

⚠ WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. 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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.
No Artificial Flavors.

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

Antioxidant & Circulation

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
alpha-Lipoic Acid	50 mg*
Turmeric Root Extract (*Curcuma longa*)	50 mg*
resVida® trans-Resveratrol	30 mg*
Lutemax® 2020 Lutein (from Marigold Flower Extract [*Tagetes erecta*])	10 mg*
Zeaxanthin	2.2 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Magnesium Stearate Vegetable Source, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silicon Dioxide.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Muscle Protein Synthesis

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
L-Leucine	500 mg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

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resVida® is a trademark of DSM.

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GNC

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Dietary Supplement

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- Our most comprehensive Vitapak® program that provides support for both wellness and performance
- Targets 13 core functions for head-to-toe support*

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30-DAY SUPPLY

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