CODE 209311 HUG

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

Each pack contains:

Mega Men® Energy & Metabolism 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 (400 mcg Folic Acid)	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%
Energy & Metabolism Blend	**150 mg**	*
Caffeine Anhydrous, Green Tea Extract (*Camelia sinensis*)(Standardized to Polyphenols), Eleuthero Root Powder (*Eleutherococcus senticosus*), Capsicum Seed Extract (*Capsicum annuum*), Black Pepper Fruit Extract (*Piper Nigrum*) (Standardized to Piperine)		
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 mcg)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
beta-Cryptoxanthin	10 mg	*
Inositol	10 mg	*
Silicon Dioxide	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Vanadium (as Sodium Metavanadate)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Stearic Acid Vegetable Source, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Caramel Color, Polyethylene Glycol, Talc, Titanium Dioxide (Mineral Whitener).

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Conforms to <2091> for weight.

Energy & Metabolism Generator

Supplement Facts

Serving Size One Capsule

Amount Per Serving		% Daily Value
Niacin	20 mg	125%
Caffeine Anhydrous	200 mg	*
Garcinia cambogia Fruit Extract	100 mg	*
Green Tea Extract (*Camellia sinensis*)(50% EGCG = 25 mg)	50 mg	*
Green Coffee Bean Extract (*Coffea spp.*)	50 mg	*
Capsimax® Capsicum Seed Extract (*Capsicum annum*)	33.4 mg	*
Lychee Fruit Extract (*Litchi chinensis*)	25 mg	*
Black Pepper Fruit Extract (*Piper nigrum*)(50% Piperine = 5 mg)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Calcium Silicate, Magnesium Stearate Vegetable Source, Talc, Silica, Chlorophyllin (Color).

Contains 200 mg of caffeine.

Carnitine

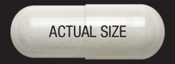
Supplement Facts

Serving Size One Capsule

Amount Per Serving	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.



High Potency Omega-3

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	<2%†
Total Omega-3s	882 mg	*
EPA (Eicosapentaenoic Acid) Omega-3	700 mg	*
DHA (Docosahexaenoic Acid) Omega-3	100 mg	*
Other Omega-3s	82 mg	*
Palmitic Acid Monoethanolamide	25 mg	*

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin, Silicon Dioxide, Caramel Color.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod, or a Combination Thereof).

⚠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. This product contains ECGC from green tea.

No Artificial Flavors, 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

^In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

Staminol

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
Proprietary Blend	100 mg*
L-Arginine, Epimedium Extract (Whole Plant)(*Epimedium spp.*), Maca Root Powder (*Lepidium meyenii*)	
Kola Nut Powder (*Cola nitida*)	87.5 mg*
Oat Straw Stems Powder (*Avena sativa*)	75 mg*
GABA (gamma-Aminobutyric Acid)	50 mg*
Nettle Leaf Powder (*Urtica dioica*)	50 mg*
Yohimbe Bark Extract (*Pausinystalia yohimbe*)	30 mg*
Horny Goat Weed Powder (Aerial Parts)(*Epimedium sagittatum*)	10 mg*
Muira Puama Root Powder (*Ptychopetalum olacoides*)	5 mg*
Damiana Leaf Powder (*Turnera aphrodisiaca*)	5 mg*
Saw Palmetto Berries Powder (*Serenoa repens*)	5 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

CONTAINS: Wheat.

Capsimax® Capsimax® trademark belongs to OmniActive Health Technologies.

CurcuWIN® CurcuWIN® trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 LUTEIN & ZEAXANTHIN Lutemax® 2020 is a trademark of OmniActive Health Technologies.

*** 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®

Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND^

- Antioxidants • Energy & Metabolism*
- Heart Health* • Sexual Health*

CLINICALLY STUDIED^

30 PACKS
30-DAY SUPPLY

Energy