

CODE 209311  
**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<br>(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%  |
| <b>Energy &amp; Metabolism Blend 150 mg *</b>                                                                                                                                                                                                                                                |                                     |       |
| Caffeine Anhydrous, Green Tea Extract ( <i>Camelia sinensis</i> )(Standardized to Polyphenols), Eleuthero Root Powder ( <i>Eleutherococcus senticosus</i> ), Capsicum Seed Extract ( <i>Capsicum annuum</i> ), Black Pepper Fruit Extract ( <i>Piper Nigrum</i> ) (Standardized to Piperine) |                                     |       |
| <b>Super Antioxidant Blend 28.96 mg *</b>                                                                                                                                                                                                                                                    |                                     |       |
| alpha-Lipoic Acid                                                                                                                                                                                                                                                                            | 25 mg                               | *     |
| Lutemax® 2020 Lutein                                                                                                                                                                                                                                                                         | 2 mg                                | *     |
| Lycopene                                                                                                                                                                                                                                                                                     | 1 mg                                | *     |
| Turmeric Root Extract (CurcuWIN®)( <i>Curcuma longa</i> )(20% Curcuminoids = 100 mcg)                                                                                                                                                                                                        | 500 mcg                             | *     |
| Zeaxanthin (as Zeaxanthin Isomers)                                                                                                                                                                                                                                                           | 400 mcg                             | *     |
| Astaxanthin (from <i>Haematococcus pluvialis</i> )                                                                                                                                                                                                                                           | 50 mcg                              | *     |
| beta-Cryptoxanthin                                                                                                                                                                                                                                                                           | 10 mcg                              | *     |
| Inositol                                                                                                                                                                                                                                                                                     | 10 mg                               | *     |
| Silicon Dioxide                                                                                                                                                                                                                                                                              | 4 mg                                | *     |
| Boron (as Sodium Borate)                                                                                                                                                                                                                                                                     | 2 mg                                | *     |
| Vanadium (as Sodium Metavanadate)                                                                                                                                                                                                                                                            | 10 mcg                              | *     |
| * 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        | *    |
| <i>Garcinia cambogia</i> Fruit Extract                                  | 100 mg        | *    |
| Green Tea Extract ( <i>Camellia sinensis</i> )(50% EGCG = 25 mg)        | 50 mg         | *    |
| Green Coffee Bean Extract ( <i>Coffea spp.</i> )                        | 50 mg         | *    |
| Capsimax® Capsicum Seed Extract ( <i>Capsicum annuum</i> )              | 33.4 mg       | *    |
| Lychee Fruit Extract ( <i>Litchi chinensis</i> )                        | 25 mg         | *    |
| Black Pepper Fruit Extract ( <i>Piper nigrum</i> )(50% Piperine = 5 mg) | 10 mg         | *    |
| * Daily Value not established.                                          |               |      |

**OTHER INGREDIENTS:** Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Calcium Sillicate, 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.                                                                                       |         |  |
| <b>OTHER INGREDIENTS:</b> Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica. |         |  |
| * Daily Value not established.                                                                                       |         |  |

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.<br>* 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 EGCG 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.

\* 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.

Staminol

Supplement Facts

| Serving Size One Capsule                                                                                                            |          |  |
|-------------------------------------------------------------------------------------------------------------------------------------|----------|--|
| Amount Per Serving                                                                                                                  |          |  |
| Proprietary Blend                                                                                                                   | 100 mg*  |  |
| L-Arginine, Epimedium Extract (Whole Plant)( <i>Epimedium spp.</i> ), Maca Root Powder ( <i>Lepidium meyenii</i> )                  |          |  |
| Kola Nut Powder ( <i>Cola nitida</i> )                                                                                              | 87.5 mg* |  |
| Oat Straw Stems Powder ( <i>Avena sativa</i> )                                                                                      | 75 mg*   |  |
| GABA (gamma-Aminobutyric Acid)                                                                                                      | 50 mg*   |  |
| Nettle Leaf Powder ( <i>Urtica dioica</i> )                                                                                         | 50 mg*   |  |
| Yohimbe Bark Extract ( <i>Pausinystalia yohimbe</i> )                                                                               | 30 mg*   |  |
| Horny Goat Weed Powder (Aerial Parts)( <i>Epimedium sagittatum</i> )                                                                | 10 mg*   |  |
| Muira Puama Root Powder ( <i>Ptychopetalum olacoides</i> )                                                                          | 5 mg*    |  |
| Damiana Leaf Powder ( <i>Turnera aphrodisiaca</i> )                                                                                 | 5 mg*    |  |
| Saw Palmetto Berries Powder ( <i>Serenoa repens</i> )                                                                               | 5 mg*    |  |
| * Daily Value not established.                                                                                                      |          |  |
| <b>OTHER INGREDIENTS:</b> Gelatin, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica. |          |  |
| <b>CONTAINS: Wheat.</b>                                                                                                             |          |  |



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CurcuWIN® trademark belongs to OmniActive Health Technologies.



Lutemax® 2020 is a trademark of OmniActive Health Technologies.

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