

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

Natural Alternatives International (NAI)
is the owner of the patent estate and
registered trademark CarnoSyn®.

* These statements have not been
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Administration. This product is not
intended to diagnose, treat, cure,
or prevent any disease.



GNC

**MEGA
MEN®**

**Sport
ONE DAILY**

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Features beta-alanine, a high-efficiency muscle pH buffer*
- Packed with B vitamins to support energy production*

60 CAPLETS 60-DAY SUPPLY

CODE 211812

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)	1050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol D-3)	30 mcg (1200 IU)	150%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	24.3 mg	162%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.65 mg	138%
Riboflavin (Vitamin B-2)	1.87 mg	144%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg	194%
Folate (240 mcg Folic Acid)	408 mcg DFE	102%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	200 mg	15%

Amount Per Serving	% Daily Value	
Phosphorus (as Dicalcium Phosphate)	15 mg	1%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as Sodium Selenate)	120 mcg	218%
Copper (as Copper Gluconate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Hydrolyzed Protein Chelate)	200 mcg	571%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Caffeine Anhydrous	100 mg	*
CarnoSyn® Beta-Alanine	10 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein	2 mg	*
Lycopene	1 mg	*
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropyl Methylcellulose, Calcium Silicate, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Titanium Dioxide (Mineral Whitener), Caramel Color, Talc.

⚠ 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, No Wheat, Gluten Free, No Dairy.

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