

Contains 100 mg of caffeine.
Conforms to USP <2091> for weight.
No Artificial Flavors,
No Wheat, Gluten Free,
No Dairy.



KEEP OUT OF REACH OF
CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

^See carton for related information.

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Lutemax® 2020 trademarks
belong to OmniActive Health
Technologies.



GNC

**MEGA
MEN®**

**Energy &
Metabolism**

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND^

Timed-Release
180 CAPLETS
90-DAY SUPPLY



**CLINICALLY
STUDIED^**

CODE 201722

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin A	1500 mcg..... 167%
(50% as beta-Carotene & 50% Retinyl Acetate)	
Vitamin C	300 mg..... 333%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D (as Cholecalciferol D-3)	40 mcg..... 200%
Vitamin E	20.1 mg..... 134%
(as Natural d-alpha Tocopheryl Acetate)	
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 ... 170%
(400 mcg Folic Acid)	
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	200 mg..... 15%
(as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	
Iodine (as Potassium Iodide)	150 mcg..... 100%

Amount Per Serving	% Daily Value
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 (*Camellia sinensis*)
(Standardized to Polyphenols), Eleuthero Root Powder
(*Eleutherococcus senticosus*), Capsimax® Capsicum Seed Extract,
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®)	500 mcg.....*
(Curcuma longa)(20% Curcuminoids = 100 mcg)	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg.....*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg.....*
beta-Cryptoxanthin	10 mcg.....*
Inositol	10 mg.....*
Silica (as 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).

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

▲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.