

Contains 100 mg of caffeine.
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.



GNC

MEGA MEN[®] Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND[^]

Timed-Release

90 CAPLETS

45-DAY SUPPLY



CLINICALLY
STUDIED[^]

CODE 201712

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 45

Amount Per Serving	% Daily Value
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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	50 mg	4167%
(Vitamin B-1)(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6	50 mg	2941%
(as Pyridoxine Hydrochloride)		
Folate	680 mcg DFE	170%
(400 mcg Folic Acid)		
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%

Amount Per Serving	% Daily Value
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Biotin	300 mcg	1000%
Pantothenic Acid	50 mg	1000%
(as Calcium d-Pantothenate)		
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%
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	75 mcg	167%
(as Sodium Molybdate)		

Energy & Metabolism Blend	150 mg	*
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Caffeine Anhydrous, Green Tea Extract (Camellia sinensis)(Standardized to Polyphenols), Eleuthero

Amount Per Serving	% Daily Value
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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	400 mcg	*
(as Zeaxanthin Isomers)		
Astaxanthin	50 mcg	*
(from Haematococcus pluvialis)		
beta-Cryptoxanthin	10 mcg	*
Inositol	10 mg	*
Silicon Dioxide	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Vanadium (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.

