

CODE 208812
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:
Mega Men® 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 (Folic Acid 400 mcg)	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%
Amino Acid Blend	100 mg	*
L-Arginine	50 mg	*
L-Glutamine	50 mg	*
Fruit & Vegetable Blend	68.5 mg	*
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Saw Palmetto Berries Extract (<i>Serenoa repens</i>), Pumpkin Seed Powder (<i>Cucurbita spp.</i>)		
Super Antioxidant Blend	28.96 mg	*
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
CurcuWIN® Turmeric Root Extract (<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	*
Brain Health Blend	17.01 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*

Amount Per Serving	% Daily Value
Boron (as Sodium Borate)	2 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)(Standardized to Polyphenols)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
* Daily Value not established.	

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Titanium Dioxide (Mineral Whitener), Caramel Color, Polyethylene Glycol, Talc. **CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

High Potency EPA & DHA

Supplement Facts

Serving Size One Light Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2%†
Total Omega-3s	1171 mg *
EPA (Eicosapentaenoic Acid) Omega-3	714 mg *
DHA (Docosahexaenoic Acid) Omega-3	286 mg *
Other Omega-3s	171 mg *

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

OTHER INGREDIENTS: Fish Body Oil, Gelatin, Glycerin.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Pollock, Whiting). Potency verified by GNC procedure #5123. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Men's Prostate

Supplement Facts

Serving Size One Dark Brown Softgel Capsule

Amount Per Serving	
Saw Palmetto Berries Extract (<i>Serenoa repens</i>)(85% Fatty Acids = 136 mg) (0.2% Sterols = 0.32 mg)	160 mg*
* Daily Value not established.	

OTHER INGREDIENTS: Olive Oil, Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Mineral Whitener).

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

IUG

Circulatory Health

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
L-Arginine	250 mg*
L-Citrulline	100 mg*
resVida® trans-Resveratrol	30 mg*
* Daily Value not established.	

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Silica, Titanium Dioxide (Mineral Whitener) .

Potency verified by GNC procedure #5115.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Vitality & Sexual Health

Supplement Fact

Serving Size One Capsule

Amount Per Serving	
Maca Root Powder (<i>Lepidium meyenii</i>)	450 mg*
Nettle Leaf Powder (<i>Urtica dioica</i>)	12.5 mg*
Eleuthero Root Powder (<i>Eleutherococcus senticosus</i>)	12.5 mg*
Horny Goat Weed Extract (<i>Epimedium spp.</i>)	12.5 mg*
Pumpkin Seed Meal (<i>Cucurbita spp.</i>)	12.5 mg*
* Daily Value not established.	

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

ACTUAL SIZE

⚠ 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.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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Pittsburgh, PA 15222 USA



CurcuWIN®

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Lutemax® 2020

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resVida®
promotes healthy aging

resVida® is a trademark of DSM.

*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.

GNC

MEGA
MEN®

Performance & Vitality

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND*

- Antioxidants • Circulation*
- Prostate & Sexual Health*
- Overall Health & Wellness



30 PACKS
30-DAY SUPPLY



CLINICALLY
STUDIED*

GNC

MEGA
MEN®

Performance & Vitality

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- ✓ **Men's Health**
Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin.*[^] Helps support colon health.*
- ✓ **Antioxidants**
Packed with antioxidants for cell protection and immune support.*
- ✓ **Circulation**
Features clinically studied ingredients to enhance blood vessel dilation. Also has ingredients to help maintain blood vessel tone.*
- ✓ **Prostate & Sexual Health**
Includes lycopene and saw palmetto to support prostate health.* Also has L-arginine, which plays a key role in sexual health.*
- ✓ **Overall Health & Wellness**
Contains EPA & DHA, which help support the cardiovascular system, healthy cholesterol levels and joint health.*

* 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.