

\*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.

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



2X MORE D-3†



**MEGA  
MEN®**

Dietary Supplement

CLINICALLY STUDIED  
MULTIVITAMIN\*

- With 1,600 IU of vitamin D-3 for colon health and immune support\*
- B-vitamins for energy support\*

Easy to Swallow  
**90 CAPSULES**



CLINICALLY  
STUDIED\*

Mega Men®

CODE 177812

DIRECTIONS: As a dietary supplement, take three capsules daily with food.

## Supplement Facts

Serving Size Three Capsules  
Servings Per Container 30

| Amount Per Serving                                               | % Daily Value |
|------------------------------------------------------------------|---------------|
| Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate) 5000 IU | 100%          |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 300 mg          | 500%          |
| Vitamin D (as Cholecalciferol D-3) 1600 IU                       | 400%          |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate) 30 IU          | 100%          |
| Vitamin K (as Phytonadione) 80 mcg                               | 100%          |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 50 mg             | 3333%         |
| Riboflavin (Vitamin B-2) 50 mg                                   | 2941%         |
| Niacin (as Niacinamide & Niacin) 50 mg                           | 250%          |
| Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg                  | 2500%         |
| Folic Acid 400 mcg                                               | 100%          |
| Vitamin B-12 (as Cyanocobalamin) 50 mcg                          | 833%          |
| Biotin 300 mcg                                                   | 100%          |
| Pantothenic Acid (as Calcium d-Pantothenate) 50 mg               | 500%          |
| Calcium (as Calcium Carbonate) 200 mg                            | 20%           |
| Iodine (as Potassium Iodide) 150 mcg                             | 100%          |
| Magnesium (as Magnesium Oxide) 100 mg                            | 25%           |
| Zinc (as Zinc Oxide) 25 mg                                       | 167%          |
| Selenium (as L-Selenomethionine) 200 mcg                         | 286%          |
| Copper (as Cupric Oxide) 2 mg                                    | 100%          |
| Manganese (as Manganese Sulfate) 2 mg                            | 100%          |
| Chromium (as Hydrolyzed Protein Chelate) 120 mcg                 | 100%          |
| Molybdenum (as Sodium Molybdate) 75 mcg                          | 100%          |

| Amount Per Serving                                                                                                                                                                                                                                                                                                  | % Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Proprietary Amino Acid Blend<br>L-Taurine, L-Methionine, L-Glutamine, L-Carnitine                                                                                                                                                                                                                                   | 100 mg 1*     |
| Superfoods Fruit and Vegetable Blend<br>Orange Peel Powder, Pumpkin Seed Meal, Saw Palmetto Berry Extract,<br>Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder,<br>Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder,<br>Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder | 105 mg 2*     |
| alpha-Lipoic Acid                                                                                                                                                                                                                                                                                                   | 25 mg *       |
| Green Tea Leaf Extract ( <i>Camellia sinensis</i> )                                                                                                                                                                                                                                                                 | 40 mg *       |
| Choline (as Choline Bitartrate)                                                                                                                                                                                                                                                                                     | 10 mg *       |
| Inositol                                                                                                                                                                                                                                                                                                            | 10 mg *       |
| Silica (as Silicon Dioxide)                                                                                                                                                                                                                                                                                         | 4 mg *        |
| Boron (as Hydrolyzed Protein Chelate)                                                                                                                                                                                                                                                                               | 2 mg *        |
| Lutemax 2020™ Lutein                                                                                                                                                                                                                                                                                                | 950 mcg *     |
| Lycopene                                                                                                                                                                                                                                                                                                            | 950 mcg *     |
| Zeaxanthin (as Zeaxanthin Isomers)                                                                                                                                                                                                                                                                                  | 190 mcg *     |
| Astaxanthin                                                                                                                                                                                                                                                                                                         | 50 mcg *      |
| Vanadium (as Sodium Metavanadate)                                                                                                                                                                                                                                                                                   | 10 mcg *      |

\* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.

CONTAINS: Fish and Soybeans.

No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free.

**WARNING:** 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.

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

\*See carton for related information.