

Conforms to USP <309> for weight,  
No Artificial Colors, No Wheat, No Gluten, No Dairy, No Fish.

**Lutemax**  
with a  
patented  
2020  
Lutemax 2020™ is a trademark of  
DinnActive Health Technologies.

This supplement, double-blind, placebo-controlled study of 111 healthy volunteers, subjects taking  
the GNC vitamins saw several listed in this product for six weeks experienced statistically significant and  
improvements in markers of B vitamins and antioxidant status, as well as improvements in S-DSS,  
HbA1c and Mental Health scores compared to their placebo placebo.

Compared to leading brands.

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

For more information:  
1-888-482-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

ACTUAL SIZE

#### GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary  
supplements, is committed to producing the highest quality  
products available. This commitment begins with quality  
designed supplement formulations. Every raw material that goes  
into a GNC supplement is guaranteed to be quality and potency.  
Each product is dated and then shipped immediately to our  
stores, so you can be sure you are purchasing the freshest  
supplements available. At GNC, we extend our quality  
commitment to you by offering our money-back guarantee.

#### GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not  
100% completely satisfied, return the unused portion of the  
product with proof of purchase to your GNC store for a complete  
refund of your purchase price. No questions asked!



Frank J. Costa, M.D., an acclaimed  
urological surgeon and men's health  
expert, is part of the GNC Medical  
Advisory Board.  
One of "America's Top Physicians," Dr.  
Costa lectures nationally and internationally  
on men's health topics. Dr. Costa is  
regularly featured in television, radio and  
newspaper interviews and has published  
articles in both professional journals and  
popular magazines.

*By Frank J. Costa, M.D.*

"Men need a multivitamin specifically tailored to meet their needs. I  
recommend Mega Men® because it has been formulated with nutrients to  
support prostate and heart health, energy, immune production and more."

#### MEGA MEN®

A clinically studied, premium multivitamin for men to  
supplement key nutrients missing in their daily diet.

#### Advanced Nutritional Support

- With 1,600 IU of vitamin D-3. Emerging research  
suggest that adequate daily vitamin D intake may play a  
role in supporting colon and immune health.\*
- Supplies essential B-vitamins that are important for  
cardiovascular health and production of energy.\*
- Contains selenium, vitamin E and lycopene to support  
normal prostate health and lutein with zeaxanthin to  
support eye health.\*
- Includes important minerals like zinc for normal  
reproductive function, copper which is involved in the  
production of cellular energy and chromium that plays an  
important role in normal glucose utilization.\*

#### Antioxidant Protection

- Features a broad spectrum of cell-protecting, antioxidant  
nutrients that also aid in boosting the body's immunity.\*
- Enhanced with 105 mg of an antioxidant superfoods  
fruit and vegetable blend that offers protection from  
harmful free radicals that can destroy healthy cells.\*

Timed-release caplets provide a gradual release of vital  
nutrients.

\* 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.

2X MORE D-3\*

GNC

**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\*
- Selenium, lycopene and  
vitamin E to support  
prostate health\*
- Fights cell aging with  
advanced antioxidant blend\*

Timed-Release  
180 CAPLETS



CLINICALLY  
STUDIED\*

Mega Men®

REF: 17133

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 (50% as beta-Carotene, 50% as Retinyl Acetate) | 5000 IU | 100%  |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate)         | 200 mg  | 500%  |
| Vitamin E (as Cholecalciferol D-3)                       | 1600 IU | 400%  |
| Vitamin K (as Natural D-alpha Tocopheryl Acetate)        | 20 IU   | 100%  |
| Vitamin B (as Pyridoxine)                                | 50 mcg  | 100%  |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate)           | 50 mg   | 1333% |
| Nicotinamide (Vitamin B-3)                               | 50 mg   | 250%  |
| Biotin (as Biotinamide and Biotin)                       | 50 mg   | 200%  |
| Vitamin B-12 (as Pyridoxine Hydrochloride)               | 50 mg   | 2500% |
| Folic Acid                                               | 400 mcg | 100%  |
| Vitamin B-12 (as Cyanocobalamin)                         | 50 mcg  | 100%  |
| Niacin                                                   | 200 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 | 200%  |
| 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%  |
| Proprietary Amino Acid Blend                             | 180 mg  |       |
| L-Threonine, L-Methionine, L-Glutamine, L-Carnitine      |         |       |

Superfoods Fruit & Vegetable Blend  
Orange Peel Powder, Pumpkin Seed Blend, Saw Palmetto Berry Extract, Acai Fruit  
Powder, Cranberry Fruit Powder, Blueberry Purpure Powder, Potentilla Fruit  
Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder,  
Ginger Skin Powder, Tomato Powder

|                                            |         |
|--------------------------------------------|---------|
| alpha-Lipoic Acid                          | 25 mg   |
| Green Tea Leaf Extract (Camellia sinensis) | 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™ Lycopene                     | 500 mcg |
| Lycopene                                   | 100 mcg |
| Zeaxanthin (as Zeaxanthin Isomers)         | 100 mcg |
| Polysorbates                               | 30 mcg  |
| Chromium (as Sodium Molybdenate)           | 10 mcg  |

\* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable  
Acetate, Lecithin, Natural Color, Ethyl Vanillin.

CONTAINS: Fish and Seafood.

**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.



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