

Lutemax 2020™ is a trademark of
OmniActive Health Technologies.

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

GNC

MEGA MEN®

ONE DAILY

Dietary Supplement

- Ultra concentrated with 39 important nutrients
- Provides 19 vitamins & minerals at 100% daily value or more



PHYSICIAN
ENDORSED

ONE PER DAY
60 CAPLETS



NEW

CODE 179322

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

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Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	5500 IU... 70%
Vitamin C (as Ascorbic Acid).....	100 mg... 167%
Vitamin D (as Cholecalciferol D-3).....	1200 IU... 300%
Vitamin E.....	40 IU... 100%
(as Natural δ -alpha Tocopherol Succinate)	
Vitamin K (as Phylloquinone).....	80 mcg... 100%
Thiamin (Vitamin B-1).....	1.65 mg... 100%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	1.87 mg... 100%
Niacin (as Nicotinamide).....	25 mg... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	3.3 mg... 100%
Folic Acid.....	400 mcg... 100%
Vitamin B-12 (as Cyanocobalamin).....	25 mcg... 417%
Biotin.....	500 mcg... 100%
Pantothenic Acid.....	16.5 mg... 100%
(as Calcium α -Pantothenate)	
Calcium.....	750 mg... 25%
(as Calcium Carbonate and Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate).....	15 mg... 2%
Iodine (as Potassium Iodide).....	150 mcg... 100%
Magnesium (as Magnesium Oxide).....	125 mg... 31%
Zinc (as Zinc Oxide).....	30 mg... 200%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite).....	120 mcg... 171%
Copper (as Cupric Oxide).....	2 mg... 100%
Manganese (as Manganese Sulfate).....	2 mg... 100%
Chromium (as Hydrolyzed Protein Chelate).....	200 mcg... 167%
Molybdenum (as Hydrolyzed Protein Chelate).....	75 mcg... 100%
Chloride (as Potassium Chloride).....	72 mg... 2%
Potassium (as Potassium Chloride).....	80 mg... 2%

Amino Acid Blend..... 20 mg... *

(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)

Brain Health Blend

Choline (as Choline Bitartrate)..... 2.5 mg... *

Inositol..... 2.5 mg... *

Eye Health & Free Radical Protection Blend

Lutemax 2020™ Lutein..... 1 mg... *

Zeaxanthin (as Zeaxanthin Isomer)..... 200 mcg... *

Men's Health & Mineral Blend

Silica (as Silicon Dioxide)..... 2 mg... *

Lycopene..... 800 mcg... *

Boron (as Hydrolyzed Protein Chelate)..... 100 mcg... *

Tin (as Stannous Chloride)..... 10 mcg... *

Vanadium (as Vanadyl Sulfate)..... 10 mcg... *

Nickel (as Nickel Sulfate)..... 5 mcg... *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycolides, Caramel Color, Ethyl Vanillin.

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. Conforms to USP <2091> for weight.

Lot No./Best By: