

Conforms to USP <2091> for weight.
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

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

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* 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.

OUR QUALITY COMMITMENT TO YOU
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

GNC
MEGA
MEN®

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✓ **Men's Health**
Contains a clinically studied men's multivitamin formula shown to work better than a basic multivitamin.^ Helps support colon and prostate health.*
- ✓ **Antioxidants**
Packed with antioxidants for cell protection and stress defense.*
- ✓ **Heart**
Supports heart health and cardiovascular function.*
- ✓ **Immune Support**
Supports immune health with 20% more absorption of key immune and stress defense nutrients. ^

[^]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®

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants
- Heart*
- Immune Support*

Timed-Release
90 CAPLETS
45-DAY SUPPLY



CLINICALLY
STUDIED^

COULD BE HELPT
DIRECTIONS: As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

Supplement Facts		
Serving Size Two Caplets Servings Per Container 45		
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 Phylloquinone)	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	170%
(Folic Acid 400 mcg)		
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)	20 mg	25%
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	67%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Amino Acid Blend		
L-Arginine	100 mg	*
L-Glutamine	50 mg	*
L-Glutamine	50 mg	*
Fruit & Vegetable Blend		
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 (Serenoa repens), Pumpkin Seed Powder (Cucurbita pepo)	68.5 mg	*
Super Antioxidant Blend		
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
CurcuWIN® Turmeric Root Extract	500 mcg	*
(Curcuma longa)(20% Curcuminoids = 100 mcg)		
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Brain Health Blend		
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)	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 Whiteners), Caramel Color, Polyethylene Glycol, Talc.
CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardines, Smelt, Salmon, Tuna, Cod or a Combination Thereof).
⚠️ WARNINGS: 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.