

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, Gluten Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548

GNC.com



GNC

MEGA MEN®

ESSENTIALS

ONE DAILY MULTI

- Supports men's health*
- Fuels muscle performance*
- Includes support for immune & brain health*

60 CAPLETS • 60-DAY SUPPLY DIETARY SUPPLEMENT

CODE 179322

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

LWG-6783

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
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Vitamin A (as Retinyl Acetate)	1050 mcg RAE ... 117%
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Vitamin C (as Ascorbic Acid)	100 mg ... 111%
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Vitamin D (as Cholecalciferol)	30 mcg ... 150%
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Vitamin E (as d-alpha Tocopherol Succinate)	30.2 mg ... 201%
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Vitamin K (as Phytomenadione)	80 mcg ... 67%
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Thiamin (Vitamin B-1)	1.65 mg ... 138%
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(as Thiamin Mononitrate)	
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Riboflavin (Vitamin B-2)	1.87 mg ... 144%
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Niacin (as Niacinamide)	20 mg ... 125%
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Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg ... 194%
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Folate	680 mcg DFE ... 170%
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(400 mcg Folic Acid)	
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Vitamin B-12 (as Cyanocobalamin)	25 mcg ... 1042%
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Biotin	300 mcg ... 1000%
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Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg ... 330%
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Calcium (as Calcium Carbonate,	250 mg ... 19%
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Dicalcium Phosphate & Calcium d-Pantothenate)	
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Iodine (as Potassium Iodide)	150 mcg ... 100%
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Magnesium (as Magnesium Oxide)	125 mg ... 30%
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Zinc (as Zinc Oxide)	30 mg ... 273%
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Amount Per Serving	% Daily Value
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Selenium (as Sodium Selenite)	120 mcg ... 218%
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Copper (as Cupric Oxide)	2 mg ... 222%
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Manganese (as Manganese Sulfate)	2 mg ... 87%
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Chromium (as Chromium Chloride)	200 mcg ... 571%
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Molybdenum (as Sodium Molybdate)	75 mcg ... 167%
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Chloride (as Potassium Chloride)	70 mg ... 3%
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Potassium (as Potassium Chloride)	80 mg ... 2%
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Glutamine (as L-Glutamine)	5 mg ... *
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Methionine (as L-Methionine)	5 mg ... *
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Taurine (as L-Taurine)	5 mg ... *
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Carnitine (as L-Carnitine)	5 mg ... *
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Inositol	2.5 mg ... *
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Silica (as Silicon Dioxide)	2 mg ... *
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Lutein	1 mg ... *
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(as Marigold [Tagetes erecta] Flower Extract)	
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Lycopene	600 mcg ... *
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Zeaxanthin (as Zeaxanthin Isomers	200 mcg ... *
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from Marigold [Tagetes erecta] Flower Extract)	
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Boron (as Boric Acid)	150 mcg ... *
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Vanadium (as Vanadyl Sulfate)	10 mcg ... *
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* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose and Less than 2%: Caramel (Color), Choline Bitartrate, Corn Starch, Croscarmellose Sodium, Ethyl Cellulose, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Mixed Tocopherols, Modified Food Starch, Natural Vanilla Flavor, Polyethylene Glycol, Sodium Ascorbate, Sodium Sulfate, Stearic Acid, Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate.

CONTAINS: Soy.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

* 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.