

⚠ 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. **Contains 100 mg of caffeine.** 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 Sport

ONE DAILY MULTI

- Features beta-alanine, a high-efficiency muscle pH buffer*
- Packed with B vitamins to support energy production*

60 CAPLETS • 60-DAY SUPPLY DIETARY SUPPLEMENT

* 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.

CODE 211812

DIRECTIONS: As a dietary supplement, take one caplet daily with food. Do not take near bedtime.

IWG-7589

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg RAE 117%
Vitamin C (as Ascorbic Acid)	100 mg 111%
Vitamin D (as Cholecalciferol)	30 mcg 150%
Vitamin E	24.3 mg 162%
(as d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytonadione)	80 mcg 67%
Thiamin (Vitamin B-1)	1.65 mg 138%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	1.87 mg 144%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg 194%
Folate	410 mcg DFE 103%
(240 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1042%
Biotin	300 mcg 1000%
Pantothenic Acid (as Calcium D-Pantothenate) ..	16.5 mg 330%
Calcium (as Calcium Carbonate,	200 mg 15%
Dicalcium Phosphate & Calcium D-Pantothenate)	
Iodine (as Potassium Iodide)	150 mcg 100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	30 mg 273%
Selenium (as L-Selenomethionine)	120 mcg 218%
Copper (as Cupric Oxide)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Chromium Chloride)	200 mcg 571%
Molybdenum	75 mcg 167%
(as Sodium Molybdate)	
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
Caffeine Anhydrous	100 mg *
CarnoSyn [®] Beta-Alanine	10 mg *
Lutein	1 mg *
(from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers	200 mcg *
from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Boron (as Boron Chelate)	150 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, and Less than 2%: Acacia Gum, Caramel (Color), Choline DL-Bitartrate, Corn Oil, Corn Starch, Glucose Syrup, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Carbonate, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Mixed Tocopherols, Modified Starch, Natural Vanilla Flavor, Polydextrose, Polyethylene Glycol, Rice Flour, Silicon Dioxide, Sodium Ascorbate, Stearic Acid, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tocopherols, Tricalcium Phosphate.

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

Contains a bioengineered food ingredient.