



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.

"Many men - even if they try to make healthy food choices - aren't getting the vitamins, minerals and other nutrients their bodies need for optimal health. Mega Men® Maximum Nutrition includes phytosterols, protein, fiber and other beneficial nutrients. It's the best men's multivitamin available."

Dr. Frank J. Costa, M.D.

MEGA MEN® MAXIMUM NUTRITION

GNC Mega Men® Maximum Nutrition is more than just a multivitamin. It features the benefits of our Mega Men® multivitamin plus 6 grams of protein, 5 grams of fiber and additional nutrients like essential fatty acids and phytosterols.

Heart and Cholesterol Support

- Contains 2 grams of heart-healthy omega-3 and omega-6 fatty acids.
- Supplies phytosterols - foods containing at least 400 mg per serving of free phytosterols, eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving provides 800 mg of free phytosterols.
- Combines vitamins B-6, B-12 and folic acid that may play a role in the maintenance of normal homocysteine levels, important for cardiovascular health.*

Prostate and Sexual Health

- Features lycopene, an antioxidant that supports prostate health.*
- Combines zinc that is required for normal reproductive function and L-arginine, a building block of nitric oxide that helps maintain blood vessel tone and plays a role in sexual health.*

Energy Production

- Supplies B-vitamins that are essential for carbohydrate metabolism and energy production.*
- Contains key minerals such as zinc and chromium that are involved in carbohydrate metabolism and glucose utilization.*

Digestive Support

- Includes 5 grams of dietary fiber. Fiber serves as a bulk forming agent and encourages colon health by helping to speed food throughout the digestive system.* Fiber also plays an important role in cleansing.*

Eye Health

- Contains vitamin A, astaxanthin, zeaxanthin and lutein for eye health and normal vision.*

Immune Protection

- Features vitamin C and zinc to boost your body's natural immune response.*

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

* 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.



MEGA MEN®

Maximum Nutrition

Dietary Supplement

ADVANCED NUTRITIONAL SUPPORT FOR MEN

- Multivitamin support
- Heart & cholesterol support
- Energy production
- Eye health
- Superior absorption
- Prostate and sexual health
- Digestive support
- Immune protection



Natural and Artificial Flavor
MILK CHOCOLATE

GREAT-TASTING



CLINICALLY STUDIED^

NET WT 36 OZ (2.25 LB) 1020 G

CODE 170272

DIRECTIONS: As a dietary supplement, mix two level scoops (34 g) with 8 - 12 fl. oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. The amount of liquid may vary depending on thickness desired.

Supplement Facts

Amount Per Serving		% Daily Value
Serving Size Two Level Scoops (34 g)		
Servings Per Container 30		
Amount Per Serving		
Calories 100		
Calories from Fat 20		
		% Daily Value
Total Fat 3 g		5%†
Saturated Fat 0.5 g		3%†
Cholesterol 15 mg		5%†
Total Carbohydrate 14 g		5%†
Dietary Fiber 5 g		20%†
Sugar 0 g		
Protein 6 g		
Vitamin A (50% as Retinyl Acetate, 50% as beta-Carotene)	5000 IU	100%
Vitamin C (as Calcium Ascorbate and Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol D-3)	2000 IU	500%
Vitamin E (as Natural D-alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K-1 (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	3330%
Riboflavin (Vitamin B-2)	50 mg	2940%
Niacin (as Niacinamide and Niacin)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCL)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	8330%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium D-pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	500 mg	50%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	25 mg	165%
Selenium (as L-Selenomethionine)	200 mcg	265%
Iodine (as Potassium Iodide)	150 mcg	100%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%

Amount Per Serving		% Daily Value
Chromium (as Chromium Hydrolyzed Vegetable Protein)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mg	100%
Sodium	75 mg	3%
Potassium	350 mg	10%
Antioxidant Fruit & Vegetable Blend	105 mg	*
Sau Palmate Powder, Plum Powder, Wild Blueberry Powder, Cherry Powder, Parsley Leaf Powder, Kale Leaf Powder, Spinach Leaf Powder, Wheat Grass Juice Powder, Cranberry Powder, Blueberry Powder, Strawberry Powder, Orange Powder, Raspberry Powder, Brussels Sprout Powder, Asparagus Powder, Blackberry Powder, Broccoli Powder, Bilberry Powder, Grape Skin Extract, Beet Juice Powder, Cauliflower Powder, Apricot Powder, Papaya Powder, Carrot Powder, Cabbage Powder, Garlic Powder, Grape Powder, Pineapple Powder		
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Boron Hydrolyzed Vegetable Protein)	2 mg	*
Lutemax 2020® Lutein	950 mcg	*
Lycopene	950 mcg	*
Astaxanthin (Haematococcus pulvis)	50 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Essential Fatty Acid Blend (as High Oleic Sunflower Oil, MCT Oil, Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, and Evening Primrose Oil)	2 g	*
Phytosterols (Beta-Sitosterol, Campesterol and Stigmasterol)	800 mg	*
Fiber Blend (2.5g Inulin, 2.5g FOS) Inulin, FOS-Fructooligosaccharides, Gum Acacia, Soy Fiber, Cellulose and Resistant Starch	9.75 g	*
alpha-Lipoic Acid	25 mg	*
Green Tea Leaf Powder (Decaffeinated)	10 mg	*
L-Arginine (as DiArginine Malate and Whey Protein Concentrate)	1000 mg	*

*Daily Value Not Established.

†Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

OTHER INGREDIENTS: Whey Protein Concentrate, Dutch Process Cocoa, Natural and Artificial Flavor, Corn Syrup Solids, Sterol Esters, Maltodextrin, Lecithin, Potassium Citrate, Sodium Caseinate, Xanthan, DiPotassium Phosphate, Mono & Diglycerides, Acesulfame-K, Sucralose.

CONTAINS: Milk and Soybeans. Manufactured on equipment which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

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.

NOTICE: Significant product settling may occur.

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

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For more information: 1-888-462-2548

SHOP NOW @ GNC.COM

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