Stress & Gut Health

Supplement Facts Supplement Facts

Amount Per Serving	% Daily	Value	Amount Per Serving		% Daily Val
Ashwagandha (Withania somnifera) Root and	240 mg	*	Calories	5	
Leaf Extract (Standardized to 35% Glycowithanolides = 8	4 ma)		Total Fat	0.5 g	<20
L-Theanine	200 mg	*	Total Omega-3s	533 mg	
DigeSEB® Digestive Enzyme Blend	100 mg	*	Total EPA + DHA	500 mg	
(Protease, Amylase, Cellulase, Lactase & Lipase)		Eicosapentaenoic Acid (EPA)	367 mg		
* Della Velica and anti-blished			Docosahexaenoic Acid (DHA)	134 mg	
* Daily Value not established.		Other Omega-2c	22 ma		

OTHER INGREDIENTS: Hypromellose (Capsule), Maltodextrin. Percent Daily Value based on a 2,000 calorie diet. Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose * Daily Value not established



OTHER INGREDIENTS: Fish Oil. Gelatin. Glycerin. Purified Water Natural Lemon Flavor, Tocopherols (Preservative), Soybean Oil, CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Whiting

Shoden® is a registered trademark

DigeSEB® is a trademark of Specialty

Enzymes & Probiotics, Chino, CA USA

of Ariuna Natural Pvt. Ltd.

Serving Size One Yellow Softgel Capsule

Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination

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

GLUTEN

SF-36 Vitality and Mental Health scores were also observed compared to placebo

KEEP OUT OF REACH OF CHILDREN

1-888-462-2548

Aln a randomized, double-blind, placebo-controlled study of 111 healthy participants, those taking the GNC vitamin and mineral blend for six weeks had statistically significant increases in serum levels of a group of B vitamins and a group of antioxidants and carotenoids based on a multivariate statistical analysis when compared to those taking placebo or a basic multivitamin. Statistical improvements in

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









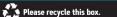
Stress Relief

VITAPAK° PROGRAM



Customized support to manage everyday stress and related concerns.

- STRESS MANAGEMENT L-theanine helps you relax and clinically studied Shoden® ashwagandha targets cortisol.
- COGNITIVE SUPPORT EPA/DHA omega-3s provide cognitive and nervous system support.*
- **♥ GUT HEALTH** DigeSEB® digestive enzyme blend helps ease digestion and omega-3 fatty acids support a healthy gut.*
- OVERALL WELLNESS Our Men's Multivitamin is clinically proven to boost stress defense nutrients and fill nutritional gaps.



*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.

GNC

Stress Relief

VITAPAK° PROGRAM

WITH OUR PROVEN MULTIVITAMIN'

Science-Backed Formulations for:

- Stress & Cortisol Management*
- Cognitive Support*
- Gut Health*



DIETARY SUPPLEMENT

30 PACKS/30-DAY SUPPLY

*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.

DIRECTIONS: As a dietary supplement, for optimal results, take the contents of one pack in the evening with food.

2 mg

120 mca

Mega Men® Multivitamin

Supplement Facts Amount Per Serving

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retiny	1500 mcg RAE yl Acetate)	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononit	trate) 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 (Folic	680 mcg DFE Acid 400 mcg)	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%

antothenic Acid (as Calcium d-Pantothenate) 50 mg 1000% holine (as Choline Bitartrate) 10 mg Calcium (as Calcium Carbonate. 210 ma Dicalcium Phosphate, Calcium d-Pantothenate) odine (as Potassium Iodide) 150 mca Magnesium (as Magnesium Oxide) 120 ma inc (as Zinc Oxide) 25 mg Selenium (as L-Selenomethionine) 200 mca Copper (as Cupric Sulfate) 2 ma

Nolybdenum (as Sodium Molybdate) 75 mca ruit & Vegetable Blend 62.5 mg Orange Powder, Acai Fruit Powder, Cranberry Powder, Blueberry Fruit Powder, Pomegranate Fruit Powder, Strawberry Powder, Hawthorn Berry Powder, Elderberry Powder, Grape Powder Tomato Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Pumpkin Seed Powder, Apple

Manganese (as Manganese Sulfate)

Chromium (as Chromium Chloride)

Flower Extract)

Fruit Powder, Beet Root Powder		
alpha-Lipoic Acid	25 mg	
Inositol	10 mg	
Silica (as Silicon Dioxide)	4 mg	
Saw Palmetto (Serenoa repens) Berry Powder	3 mg	
Pumpkin (<i>Cucurbita pepo</i>) Seed Powder	3 mg	
Lycopene	3 mg	
Boron (as Sodium Borate)	2 mg	
Lutein (as Marigold [Tagetes erecta]	2 mg	

anthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] Flower Extract) Astaxanthin (from Haematococcus pluvialis) 50 mcg Vanadium (as Sodium Metavanadate * Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl

Preservative), Caramel (Color), Corn Oil, Corn Starch, Gelatin (Porcine

Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Natural Vanilla Mint Flavor, Pea Starch, Polyethylene Glycol, Polyvinyl Alcohol, Sodium Alginate, Sodium Ascorbate, Stearic Acid, Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tocopherols (Preservative) Tricalcium Phosphate.

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

Contains a bioengineered food ingredient.

ACTUAL SIZE

% Daily Value