Stress & Gut Health

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving		% Daily Value
Ashwagandha (*Withania somnifera*) Root and Leaf Extract (Standardized to 35% Glycowithanolides = 84 mg)	240 mg	*
L-Theanine	200 mg	*
DigeSEB® Digestive Enzyme Blend (Protease, Amylase, Cellulase, Lactase & Lipase)	100 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Maltodextrin, Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.

ACTUAL SIZE

Fish Oil Mini

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving		% Daily Value
Calories	5	
Total Fat	0.5 g	<2%†
Total Omega-3s	533 mg	*
Total EPA + DHA	500 mg	*
Eicosapentaenoic Acid (EPA)	367 mg	*
Docosahexaenoic Acid (DHA)	134 mg	*
Other Omega-3s	33 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
* 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, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

ACTUAL SIZE

⚠ 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.

Gluten Free.

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

GLUTEN FREE

For More Information:
1-888-462-2548
GNC.com

Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.

DigeSEB® is a trademark of Specialty Enzymes & Probiotics, Chino, CA USA.

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

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®

STRESS MANAGEMENT | COGNITIVE SUPPORT | GUT HEALTH | OVERALL WELLNESS

Stress Relief

VITAPAK® PROGRAM

OPEN HERE

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.^*

Please recycle this box.

*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

MEGA MEN®

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

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CODE 220680

LXG

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

Mega Men® Multivitamin

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	1500 mcg RAE	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 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 (Folic Acid 400 mcg)	170%
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)	10 mg	2%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium d-Pantothenate)	210 mg	16%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	120 mg	29%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Cupric Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Fruit & Vegetable Blend 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 Fruit Powder, Beet Root Powder	62.5 mg	*
alpha-Lipoic Acid	25 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Saw Palmetto (*Serenoa repens*) Berry Powder	3 mg	*
Pumpkin (*Cucurbita pepo*) Seed Powder	3 mg	*
Lycopene	3 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein (as Marigold [*Tagetes erecta*] Flower Extract)	2 mg	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [*Tagetes erecta*] Flower Extract)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose and Less than 2%: Ascorbyl Palmitate, BHT (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.

CONTAINS: Soybeans.

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

Contains a bioengineered food ingredient.

ACTUAL SIZE