

Conforms to USP <2091>
for weight.

No Artificial Colors, No Wheat,
No Gluten, No Dairy, Yeast Free.

Lutemax 2020™ and Capsimax™
are trademarks of OmniActive
Health Technologies.

• This product is endorsed by Dr.
Frank Costa.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

BONUS SIZE 20% MORE FREE

GNC

**MEGA
MEN®**

**Energy &
Metabolism**

Dietary Supplement

- Scientifically formulated
multivitamin designed to fuel
muscles, boost energy &
enhance calorie burning*

Energy

Timed-Release
180 216 CAPLETS



**PHYSICIAN
ENDORSED***

CODE 177532

DIRECTIONS: As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 108

Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	5000 IU	100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	500%
Vitamin D (as Cholecalciferol D-3)	1600 IU	400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide & Niacin)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
Calcium (as Calcium Carbonate)	200 mg	20%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	25 mg	167%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.

Each serving supplies approximately 100 mg of caffeine.

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.

* This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Amount Per Serving	% Daily Value	
Selenium (as L-Selenomethionine)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Energy & Metabolism Blend	119 mg	*
Caffeine Anhydrous, Capsimax™ Capsicum Seed Extract, Black Pepper Extract		
Proprietary Amino Acid Blend	100 mg	*
Taurine, L-Methionine, L-Glutamine, L-Carnitine		
Green Tea Extract (<i>Camellia sinensis</i>)	40 mg	*
alpha-Lipoic Acid	25 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lutemax 2020™ Lutein	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

10G

Lot No./Best By: