

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

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	3848%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	680 mcg DFE (400 mcg Folic Acid)	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, Calcium d-Pantothenate, Dicalcium Phosphate & Calcium Ascorbate)	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%
L-Leucine	50 mg	*
L-Isoleucine	50 mg	*
L-Valine	50 mg	*
alpha-Lipoic Acid	25 mg	*
Turmeric (Curcuma longa) Root Extract (Standardized to 95% Curcuminoids = 25 mg)	26.3 mg	*
Silica (as Silicon Dioxide)	12 mg	*
Inositol	10 mg	*
Beta-Alanine	10 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	5 mg	*
Boron (as Sodium Borate)	2 mg	*
Lutein (from Marigold [Tagetes erecta] Flower Extract)	2 mg	*
Lycopene	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 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Corn Starch, Polyvinyl Alcohol, Calcium Silicate, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener), Talc, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.
CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).
 Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
 Contains bioengineered food ingredients.

GNC

MEGA MEN®

Sport

MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND*

- Performance*
- Muscle Function*
- Antioxidants*

TIMED RELEASE

DIETARY SUPPLEMENT

180 CAPLETS • 90-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.

Tailored nutrition for active men.*

*Contains a high-potency, clinically proven multivitamin blend shown to work better than a basic multivitamin.**

✓ **PERFORMANCE**
 Features a powerful blend of B-vitamins plus other foundational nutrients to prime your body for optimal performance.*

✓ **MUSCLE FUNCTION**
 Enhanced with branched chain amino acids to fuel muscles plus essential electrolytes that play a role in muscle contraction.*

✓ **ANTIOXIDANTS**
 Packed with antioxidants to help fight free radicals that can be produced during intense exercise.*

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▲ 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.

No Artificial Flavors, Gluten Free, No Milk.



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

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

Beta-Alanine as CarnoSyn®. Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). 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.