

CODE 330112

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. Do not exceed one pack daily.

Each pack contains:

Mega Men®

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving	% Daily Value
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Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU	100%
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Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	500%
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Vitamin D (as Cholecalciferol D-3)	1600 IU	400%
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Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU	100%
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Vitamin K (as Phytonadione)	80 mcg	100%
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Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	3333%
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Riboflavin (Vitamin B-2)	50 mg	2941%
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Niacin (as Niacinamide & Niacin)	50 mg	250%
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Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
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Folic Acid	400 mcg	100%
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Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
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Biotin	300 mcg	100%
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Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
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Calcium (as Calcium Carbonate)	200 mg	20%
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Iodine (as Potassium Iodide)	150 mcg	100%
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Magnesium (as Magnesium Oxide)	100 mg	25%
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Zinc (as Zinc Oxide)	25 mg	167%
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Selenium (as L-Selenomethionine)	200 mcg	286%
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Copper (as Cupric Oxide)	2 mg	100%
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Manganese (as Manganese Sulfate)	2 mg	100%
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Chromium (as Hydrolyzed Protein Chelate)	120 mcg	100%
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Molybdenum (as Sodium Molybdate)	75 mcg	100%
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Proprietary Amino Acid Blend	100 mg	*
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L-Taurine, L-Methionine, L-Glutamine, L-Carnitine		
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Superfoods Fruit and Vegetable Blend	105 mg	*
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Orange Peel Powder, Pumpkin Seed Meal, Saw Palmetto Berry Extract,		
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Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Purnace Powder,		
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Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder,		
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Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder		
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alpha-Lipoic Acid	25 mg	*
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Green Tea Leaf Extract (<i>Camellia sinensis</i>)	40 mg	*
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Choline (as Choline Bitartrate)	10 mg	*
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Inositol	10 mg	*
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Silica (as Silicon Dioxide)	4 mg	*
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Boron (as Hydrolyzed Protein Chelate)	2 mg	*
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Amount Per Serving	% Daily Value
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Lutemax 2020™ Lutein	950 mcg	*
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Lycopene	950 mcg	*
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Zeaxanthin	190 mcg	*
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Astaxanthin	50 mcg	*
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Vanadium (as Sodium Metavanadate)	10 mcg	*
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* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable

Acetoglycerides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.

Conforms to USP <2091> for weight.

ACTUAL SIZE

Double Strength Fish Oil

Supplement Facts

Serving Size One Light Yellow Softgel Capsule

Amount Per Serving	% Daily Value
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Calories	10
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Calories from Fat	10
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Total Fat	1 g	2%†
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EPA (Eicosapentaenoic Acid)(Omega-3)	360 mg	*
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DHA (Docosahexaenoic Acid)(Omega-3)	240 mg	*
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† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Vitamin E,

Rosemary Leaves Extract (*Rosmarinus officinalis*).

This product is regularly tested (using AOAC International protocols) for potency and

purity by an independent, FDA-registered laboratory and found to be free of detectable

levels of mercury, cadmium, lead and PCBs.

Potency verified by GNC procedure #5123.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Staminol™

Supplement Facts

Serving Size Two Brown Filled Capsules

Amount Per Serving	
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Proprietary Blend	200 mg	*
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L-Arginine, Epimedium Extract, Maca Root Powder (<i>Lepidium meyenii</i>)		
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Kola Nut (<i>Kola nitida</i>)	175 mg	*
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Oat Straw Stems (<i>Avena sativa</i>)	150 mg	*
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GABA (gamma-Aminobutyric Acid)	100 mg	*
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Nettle Leaf (<i>Urtica dioica</i>)	100 mg	*
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Yohimbe Bark Extract (<i>Pausinystalia yohimbe</i>)	60 mg	*
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Horny Goat Weed (<i>Epimedium sagittatum</i>)	20 mg	*
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Catuaba Bark (<i>Erythroxylum catuaba</i>)	10 mg	*
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Muiria Root (<i>Ptychopetalum olacoides</i>)	10 mg	*
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Damiana Leaf (<i>Turnera aphrodisiaca</i>)	10 mg	*
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Saw Palmetto Berry (<i>Serenoa repens</i>)	10 mg	*
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* Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Lutemax 2020™ Lutemax 2020™ is a trademark of
OmniActive Health Technologies.

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.

*Compared to leading brands.

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

To ensure a complete nutritional program, take daily with these

GNC products:

• GNC Protein • CoQ-10

• Ultra Probiotic Complex 25 • SuperFoods Whole Foods Blend

GNC QUALITY COMMITMENT For more than 77 years, GNC has been the leader in the development of superior nutritional supplements. Our

products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days.

Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Prostate Formula

Supplement Facts

Serving Size One Brown Softgel Capsule

Amount Per Serving	
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Saw Palmetto Berries Extract (<i>Serenoa repens</i>)	320 mg	*
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beta-Sitosterols	160 mg	*
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Lycopene	5 mg	*
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* Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin,

Glycerin, Soy Lecithin, Caramel Color.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

L-Arginine

Supplement Facts

Serving Size Two White Capsules

Amount Per Serving	
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L-Arginine	1000 mg	*
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* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener).

Potency verified by GNC procedure #5115. Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

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Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222

GNC

MEGA
MEN®

Performance & Vitality

Dietary Supplement

VITAPAK® PROGRAM
FOR AN ACTIVE LIFESTYLE

- Clinically studied^ multivitamin with 1,600 IU of vitamin D-3
- Promotes heart health with 600 mg of omega-3s*
- Supports prostate health with saw palmetto & lycopene*
- Supports sexual health with arginine & yohimbe*



30 PACKS



PHYSICIAN
ENDORSED



Dr. Frank J. Costa, M.D.

GNC Mega Men® Performance & Vitality Vitapak® Program is physician endorsed by Frank J. Costa, M.D., an internationally acclaimed urological surgeon, men's health expert and member of the GNC Medical Advisory Board.

"The Mega Men® Performance & Vitality Vitapak® Program is the best program available to address the performance needs of men, and I highly recommend it for those who seek comprehensive nutritional support. GNC has utilized the finest formulas to support heart health, prostate function and vitality, plus a healthy balance of vitamins and minerals for overall wellness." — Frank J. Costa, M.D.

Why Should I Use Mega Men® Performance & Vitality Vitapak® Program?

Mega Men® Performance & Vitality Vitapak® Program is specially formulated to address the performance needs of men. The components in this program not only support overall wellness, but also help support heart health, prostate function and vitality.*

How Can Mega Men® Performance & Vitality Vitapak® Program Benefit Me?

Mega Men® Performance & Vitality Vitapak® Program combines important nutrients that support your overall nutritional needs with focused ingredients designed to support men's heart health, prostate health and vitality in one convenient daily pack.

How Does Mega Men® Performance & Vitality Vitapak® Program Work?

Mega Men® Performance & Vitality Vitapak® Program includes the following components to help you achieve your daily nutritional goals:

- **Mega Men®** – This clinically studied*, powerful multivitamin without iron supports overall health and wellness. It includes a potent complex of B-vitamins which are essential for metabolism support and energy production.*
- **Double Strength Fish Oil** – This premium formula features 600 mg of omega-3 fatty acids, including 360 mg of EPA and 240 mg of DHA. Omega-3 fatty acids are necessary for heart, joint and eye health, help maintain healthy cholesterol levels and support the maintenance of normal blood pressure levels.*
- **Prostate Formula** – This specialty formula combines standardized saw palmetto, lycopene and beta-sitosterols for support of normal prostate function and healthy urinary flow.*
- **Staminol™** – This powerful male performance formula features a herbal blend which includes horny goat weed, maca, nettle and yohimbe to help support sexual health.*
- **L-Arginine** – This formula provides 1,000 mg L-arginine, an amino acid that helps boost nitric oxide, helps maintain blood vessel tone and plays a role in sexual health.*

*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.

Performance