

CODE 328511

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Mega Men®

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as 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%
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%
Proprietary Amino Acid Blend L-Taurine, L-Methionine, L-Glutamine, L-Carnitine	100 mg	*
Superfoods Fruit & Vegetable Blend Orange Peel Powder, Pumpkin Seed Meal, Saw Palmetto Berry Extract, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pumace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	105 mg	*
alpha-Lipoic Acid	25 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	40 mg	*
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*

CMG

Amount Per Serving	% Daily Value	
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Hydrolyzed Protein Chelate)	2 mg	*
Lutemax 2020™ Lutein	950 mcg	*
Lycopene	950 mcg	*
Zeaxanthin	190 mcg	*
Astaxanthin	50 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* 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

TriFlex™

Supplement Facts

Serving Size Three White Caplets

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	30 mg	50%
Sodium	130 mg	5%†
Glucosamine HCl	1500 mg	*
Chondroitin Sulfate, Sodium	1200 mg	*
MSM (Methylsulfonyl-methane)	900 mg	*
Hyaluronic Acid (HA)(as Sodium Hyaluronate)	5 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

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

CONTAINS: Crustaceans (Shrimp).

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Triple Strength Fish Oil

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%†
EPA (Eicosapentaenoic Acid)(Omega-3)	647 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	253 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Vitamin E, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

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

Lutemax™
LUTEIN &
ZEAXANTHIN
2020

Lutemax 2020™ is a trademark of
OmniActive Health Technologies.

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

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

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.

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

2X MORE D-3†

GNC

MEGA
MEN®
Joint

Dietary Supplement

VITAPAK® PROGRAM
FOR HEALTHY JOINTS*

- Clinically studied multivitamin^ with 1,600 IU of vitamin D-3
- Promotes joint comfort and flexibility with TriFlex™*
- Supports natural anti-inflammatory response with high potency omega-3s*
- Fights cell-aging with antioxidant protection*



30 PACKS



CLINICALLY
STUDIED^



Dr. Frank J. Costa, M.D., an internationally acclaimed urological surgeon and men's health expert, is part of the GNC Medical Advisory Board.

One of "America's Top Physicians," Dr. Costa lectures nationally and internationally on men's health topics. Dr. Costa is regularly featured in television, radio and newspaper interviews and has published articles in both professional journals and popular magazines.

"Mega Men® Joint Vitapak® Program combines the best men's multivitamin with the best natural joint health nutrients - omega-3s, glucosamine and chondroitin - proven effective for joint health."

MEGA MEN® JOINT

GNC Mega Men® Joint Vitapak® Program conveniently combines nutrients that support a man's overall nutritional needs with focused ingredients to promote joint comfort.*

- **Mega Men®** – Our premium timed-release, clinically studied^ formula includes vitamins and minerals to supplement key nutrients that may be missing in your daily diet. Mega Men® contains 1,600 IU of vitamin D-3 for colon health and immune support, as well as B-vitamins that are important for cardiovascular health and energy production.* It is enhanced with a broad spectrum of cell-protecting antioxidant nutrients that aid in boosting immunity.*
- **TriFlex™** – This premium formula combines the full potency, clinically-tested amounts of glucosamine (1,500 mg) and chondroitin (1,200 mg) plus MSM to support joint comfort and flexibility.* Glucosamine and chondroitin help preserve joint function and rebuild cartilage.* MSM is a naturally occurring compound that provides an important component for joint cartilage.*
- **Triple Strength Fish Oil** – A natural source of omega-3 fatty acids EPA and DHA. This high-potency softgel features a total of 900 mg of omega-3 fatty acids, 647 mg of EPA and 253 mg DHA, and is enteric coated to help control fishy burps. Fish oil supports the body's natural anti-inflammatory response and promotes joint health.* Daily supplementation of fish oil also provides numerous heart-health benefits.* It helps maintain healthy cholesterol levels and is necessary in the maintenance of normal blood pressure.* GNC Triple Strength Fish Oil has been purified and manufactured for freshness and found to be free of detectable levels of mercury, cadmium, lead and PCBs. We use only the best quality ingredients derived from wild, deep ocean fish.

^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.