

CODE 328811  
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.  
Each pack contains:  
Mega Men®

Supplement Facts

| 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<br>L-Taurine, L-Methionine, L-Glutamine, L-Carnitine                                                                                                                                                                                                                          | 100 mg  | *             |
| Superfoods Fruit and Vegetable Blend<br>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 (Camellia sinensis)                                                                                                                                                                                                                                                                 | 40 mg   | *             |
| Choline (as Choline Bitartrate)                                                                                                                                                                                                                                                                            | 10 mg   | *             |
| Inositol                                                                                                                                                                                                                                                                                                   | 10 mg   | *             |

| 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

Saw Palmetto Formula

| Amount Per Serving                         |         | % Daily Value |
|--------------------------------------------|---------|---------------|
| Zinc (as Zinc Oxide)                       | 3.75 mg | 25%           |
| Saw Palmetto Berry Powder (Serenoa repens) | 250 mg  | *             |
| Pumpkin Seed Meal Powder (Cucurbita pepo)  | 40 mg   | *             |
| Pygeum Bark Powder (Pygeum africanum)      | 25 mg   | *             |
| Lycopene                                   | 500 mcg | *             |
| * Daily Value not established.             |         |               |

Other Ingredients: Cellulose, Dicalcium Phosphate, Povidone.  
Potency of Zinc verified by GNC procedure #4000.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.

ACTUAL SIZE

CMG

Triple Ginsa Rush™

Supplement Facts

| Amount Per Serving                                                          |        |
|-----------------------------------------------------------------------------|--------|
| American Ginseng Root Extract (Panax quinquefolium)(3% Ginsenosides = 6 mg) | 200 mg |
| Panax Ginseng Extract (Panax ginseng) (3% Ginsenosides = 6 mg)              | 200 mg |
| Guarana Seed Extract (Paullinia cupana) (22% Caffeine = 44 mg)              | 200 mg |
| Eleuthero Root (Eleutherococcus senticosus)                                 | 200 mg |
| * Daily Value not established.                                              |        |

Other Ingredients: Gelatin.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.

ACTUAL SIZE



Lutemax 2020™ is a trademark of OmniActive Health Technologies.

\*Compared to leading brands.  
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

Staminol™

Supplement Facts

| Amount Per Serving                                                                 |         |
|------------------------------------------------------------------------------------|---------|
| Proprietary Blend<br>L-Arginine, Epimedium Extract, Maca Powder (Lepidium meyenii) | 100 mg  |
| Kola Nut (Kola nitida)                                                             | 87.5 mg |
| Oat Straw Stems (Avena sativa)                                                     | 75 mg   |
| GABA (gamma-Aminobutyric Acid)                                                     | 50 mg   |
| Nettle Leaf (Urtica dioica)                                                        | 50 mg   |
| Yohimbe Bark Extract (Pausinystalia yohimba)                                       | 30 mg   |
| Horny Goat Weed (Epimedium sagittatum)                                             | 10 mg   |
| Catuaba Bark (Erythroxylum catuaba)                                                | 5 mg    |
| Muira Root (Ptychopetalum olacoides)                                               | 5 mg    |
| Damiana Leaf (Turnera aphrodisiaca)                                                | 5 mg    |
| Saw Palmetto Berry (Serenoa repens)                                                | 5 mg    |
| * Daily Value not established.                                                     |         |

Other Ingredients: Gelatin, Dicalcium Phosphate.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.

ACTUAL SIZE

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†



MEGA MEN® Energy

Dietary Supplement

VITAPAK® PROGRAM FOR ACTIVE MEN

- Clinically studied multivitamin^ with 1,600 IU of vitamin D-3
- Boosts energy\*
- Promotes mental sharpness\*
- Supports immune defense with antioxidants\*



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.

"Active men need extra energy to power their bodies during the day. Mega Men® Energy Vitapak® Program combines a strategic blend of natural ingredients for energy and virility along with an advanced multivitamin formula for overall health and well-being."

MEGA MEN® ENERGY

GNC Mega Men® Energy Vitapak® Program conveniently combines nutrients and special ingredients designed to support overall health, energy, prostate concerns and virility.

- 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 also support immune health.\*
- Staminol™** – A powerful blend of herbs including maca, horny goat weed and yohimbe to help support sexual health.\*
- Triple Ginsa Rush™** – A superior formula that combines the versatile effects of Panax and American ginsengs with eleuthero root and energizing guarana. This premium formula also supports mental alertness and features standardized ginseng to support vitality.\*
- Saw Palmetto Formula** – A blend of special ingredients, including pygeum, lycopene and saw palmetto to help support prostate health and normal, healthy urinary flow.\* This formula also contains zinc which is required for normal reproductive function.\*

^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.