

CODE 328211
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:
Mega Men® Sport

Supplement Facts

Serving Size Two Brown 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 Phytanadiene)	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)	50 mg 13%
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%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Branched Chain Amino Acid Blend L-Valine, L-Leucine, L-Isoleucine	150 mg *
Creatine Precursor Blend Guanidinoacetic Acid, Glycine, L-Methionine	100 mg *
Sports Blend Green Tea Leaves Extract (<i>Camellia sinensis</i>), L-Glutamine, L-Taurine, beta-Alanine, L-Carnitine	50 mg *
Joint Cushion Support Blend MSM (Methylsulfonyl-methane), Collagen, Hyaluronic Acid (HA)	50 mg *
alpha-Lipoic Acid	25 mg *

Amount Per Serving	% Daily Value
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	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.

Burn 60™

Supplement Facts

Serving Size Two Beige Caplets	
Amount Per Serving	
Guarana Seed Extract (<i>Paullinia cupana</i>)(36% Caffeine = 180 mg)	495 mg *
Black Tea Leaves Extract (<i>Camellia sinensis</i>)	272 mg *
MegaNatural® Grape Skin & Seed Extract (<i>Vitis vinifera</i>)	210 mg *
Ginger Root Extract (<i>Zingiber officinale</i>)	200 mg *
MegaNatural® Gold Grape Seed Extract (<i>Vitis vinifera</i>)	125 mg *
Dill Weed Extract (<i>Anethum graveolens</i>)	5 mg *
* Daily Value not established.	
Other Ingredients: Dextrose, Cellulose, Starch, Titanium Dioxide (Natural Mineral Whitener), Caramel Color, Ethyl Vanillin.	
Conforms to USP <2091> for weight.	
Meets USP <2040> disintegration.	

ACTUAL SIZE

L-Arginine & L-Citrulline

Supplement Facts

Serving Size One White Caplet	
Amount Per Serving	
L-Arginine (as L-Arginine Hydrochloride)	500 mg *
L-Citrulline	500 mg *
* Daily Value not established.	

Other Ingredients: Cellulose.

Potency verified by GNC procedure #5115.
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.

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.

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

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

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!

L-Glutamine

Supplement Facts

Serving Size One White Caplet	
Amount Per Serving	
L-Glutamine	1000 mg *
* Daily Value not established.	

Other Ingredients: Dicalcium Phosphate, Cellulose.

Potency verified by GNC procedure #5052. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE



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For more information:
1-888-462-2548

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Pittsburgh, PA 15222

2X MORE D-3†



MEGA MEN Sport

Dietary Supplement

VITAPAK® PROGRAM
FOR ACTIVE MEN

- Clinically studied multivitamin^ with 1,600 IU of vitamin D-3
- Boosts energy and thermogenesis*
- Maximizes nitric oxide with arginine and citrulline*
- Supports recovery with glutamine*



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.

"Proper nutrition is essential for optimal athletic performance. I recommend the Mega Men® Sport Vitapak® Program. It provides a strategic combination of vitamins, minerals and other nutrients to fuel performance while supporting good health."

MEGA MEN® SPORT

GNC Mega Men® Sport Vitapak® Program conveniently combines nutrients and special ingredients designed to support the overall health, athletic performance and exercise intensity of active men.

- **Mega Men® Sport** – 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® Sport 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, energy production and carbohydrate metabolism.* This multivitamin fuels muscles and supports recovery with amino acids including BCAAs; features a joint cushioning blend for healthy joint cartilage; and provides a broad spectrum of cell-protecting antioxidant nutrients that also support immune health.*
- **Burn 60™** – A clinically proven thermogenic formula that helps to enhance metabolism, burn calories and boost energy.* The powerful ingredients in Burn 60™ have been clinically shown to increase calorie burning by up to 60%.**
- **L-Glutamine** – An important amino acid that plays a pivotal role in the nitrogen balance in the body, provides an anti-catabolic effect and is involved in protein synthesis and hydrating muscle cells.* Glutamine levels in the body are drastically reduced with intense exercise and supplementing with L-glutamine can help the body maintain glutamine levels and maximize your muscle function.*
- **L-Arginine & L-Citrulline** – This powerful combination of ingredients work together to provide extra support for nitric oxide production.* L-arginine is a precursor to nitric oxide in the body while L-citrulline can be converted to L-arginine, assisting in the nitric oxide pathway.*

This complete nutritional plan provides a convenient way to achieve your daily nutritional goals. Each pack is easy to take with you to the gym, to work or when traveling.

^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.

**Clinically proven to increase post workout calorie burning by up to 60% for up to one hour after a workout. This double blind placebo controlled crossover study consisted of 22 healthy men and women. Participants exercised on a treadmill on two occasions. On one occasion they took Burn 60™ before exercise and on the second, they took a placebo. The amount of calories burned during the first hour post exercise was measured and participants burned up to 60% more calories while on Burn 60™ compared to when they took the 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.