CODE 209611

FQG

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

Each pack contains:

Mega Men® Multivitamin

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 & Calcium Ascorbate)	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 Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Chloride)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Super Antioxidant Blend		
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
Turmeric Root Extract (*Curcuma longa*) (Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mg	*
beta-Cryptoxanthin	10 mcg	*
Fruit & Vegetable Blend	68.5 mg	*

Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Pumpkin Seed Powder (*Cucurbita pepo*), Saw Palmetto Berries Extract (*Serenoa repens*)

Amino Acid Blend		
L-Arginine	50 mg	*
L-Glutamine	50 mg	*
Brain Health Blend		
Choline (as Choline Bitartrate)	10 mg	*
Inositol	10 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Grape Seed Extract (*Vitis vinifera*)(Standardized to Polyphenols)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

ACTUAL SIZE

Healthy Hormone Formula

Supplement Facts

Serving Size Two Greenish-Brown Capsules

Amount Per Serving		
Fenugreek Seed Extract (*Trigonella foenum-graecum*)	600 mg	*
Tribulus terrestris Fruit Extract	98 mg	*
Tongkat Ali Root Extract	10 mg	*
Diindolylmethane	1 mg	*
Indole-3-Carbinol	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid Vegetable Source, Silica.

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

ACTUAL SIZE

Blood Flow & Circulation

Supplement Facts

Serving Size One Dark Green Capsule

Amount Per Serving		
resVida® trans-Resveratrol	30 mg	*
Lycopene	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid Vegetable Source, Silica, Artificial Colors (FD&C Blue #1, FD&C Yellow #5), Titanium Dioxide (Natural Mineral Whitener).

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

ACTUAL SIZE

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. NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified health care professional before using this product, including, but not limited to, if you have, or have a family history of, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision or other similar symptoms. To report any adverse event, call 1-800-332-1088. Use only as directed.

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

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

For More Information:
1-800-402-3546

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GLUTEN FREE

DHEA Prostate & Virility

Supplement Facts

Serving Size Two Green Caplets

Amount Per Serving	% Daily Value
Zinc (as Zinc Oxide)	1.5 mg	10%
Selenium (as Sodium Selenate)	7 mcg	10%
Saw Palmetto Berry Extract (*Serenoa repens*)	320 mg	*
L-Arginine	200 mg	*
Nettle Leaf Powder (*Urtica dioica*)	100 mg	*
beta-Sitosterols	80 mg	*
Yohimbe Bark Extract (*Pausinystalia yohimbe*)	60 mg	*
DHEA (Dehydroepiandrosterone)	50 mg	*
Pumpkin Seed Meal (*Cucurbita pepo*)	10 mg	*
Horny Goat Weed (*Epimedium sagittatum*)	10 mg	*
Maca Root Powder (*Lepidium meyenii*)	10 mg	*
Gal Sitaw Powder (*Averrhoa sapida*)	10 mg	*
Muira Puama Root Powder (*Ptychopetalum olacoides*)	10 mg	*
Damiana Leaf Powder (*Turnera diffusa*)	10 mg	*
Lycopene	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Silica, Talc, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Chlorophyll Color, Titanium Dioxide (Natural Mineral Whitener).

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

ACTUAL SIZE

CurcuWIN™ trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

resVida® is a trademark of DSM.

*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 basic multivitamin formula based upon multivariable statistical analyses of a group of 8 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-carotene, lycopene, lutein, zeaxanthin, alpha-tocopherol, selenium, lutein and lycopene. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

PHYSICIAN ENDORSED*

* This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

GNC

MEGA MEN® Healthy Testosterone

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN*

- Features 320 mg of saw palmetto for healthy prostate function and urinary flow*
- Supports sexual health and includes L-arginine and DHEA*

Testosterone



PHYSICIAN ENDORSED*

30 PACKS

GNC

MEGA MEN® Healthy Testosterone

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- **Men's Health**
  Contains a clinically proven multivitamin with more nutrients than the leading brand.◊ Helps support colon health.*
- **Prostate Health**
  Features 320 mg of saw palmetto, which supports normal prostate function and healthy urinary flow. Also has beta-Sitosterol and lycopene to support prostate health.*
- **Blood Flow**
  Features ingredients clinically studied to significantly enhance blood vessel dilation.*
- **Sexual Health**
  Combines L-arginine, a nitric oxide precursor active in healthy male sexual function, with DHEA. Also has herbs traditionally used to support sexual health.*
- **Antioxidants**
  Packed with antioxidants to fight cell aging.*

* 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.