

CODE 209711
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food. For maximum benefits, take as directed every day.
Each pack contains:
Mega Men® Multivitamin

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 Phytylanthraquinone)	80 mcg.....100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg.....3333%
Riboflavin (Vitamin B-2)	50 mg.....2941%
Niacin (as Nicotinamide & 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.....285%
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.....*
Grape Seed Extract (Vitis vinifera)	1 mg.....*
Lycopene	1 mg.....*
Turmeric Root Extract (Curcuma longa)(Standardized to Curcuminoids)	500 mcg.....*
Zeaxanthin (as Zeaxanthin Isomer)	400 mcg.....*
Adrenalin (from Adrenalinococcus pluvialis)	50 mcg.....*
beta-Cryptoxanthin	10 mcg.....*

Fruit & Vegetable Blend	
Orange Peel Powder, Sprout 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)	66.5 mg.....*

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.....*
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.

Brain Health

Supplement Facts

Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonoglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg) ... 120 mg*	

* Daily Value not established.
Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Capsule, Cellulose, Magnesium Stearate Vegetable Source.
Potency verified by GNC procedure #5000.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Joint Health

Supplement Facts

Amount Per Serving	% Daily Value
Joint Health Herb Blend	250 mg*
Acacia catechu Wood & Bark Extract and Chinese Skullcap (Scutellaria baicalensis) Root Extract	

* Daily Value not established.
Other Ingredients: Cellulose, Gelatin, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Digestive Enzymes

Supplement Facts

Amount Per Serving	% Daily Value
n•zimes® Proprietary Blend	146 mg*
Amylase 3500 DU, Protease 4.5 7500 HUT, Lipase 125 RFP, Glucanase 5.5 AGU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FODPU, Protease 6.0 1000 HUT, Papain 140,000 FODPU, Cellulase 50 DU, Diastase 62.5 DP	
CereCalase® Proprietary Blend	5 mg*
Hemicellulase, beta-Glucanase, Phytase	

* Daily Value not established.
Other Ingredients: Dicalcium Phosphate, Cellulose, Gelatin, Magnesium Stearate, Silica.
CONTAINS: Milk, Soybeans and Wheat.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Heart & Eye Health

Supplement Facts

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	1.5 g.....2%
EPA (Eicosapentaenoic Acid)(Omega-3)	540 mg.....*
DHA (Docosahexaenoic Acid)(Omega-3)	360 mg.....*

* Daily Value not established.
Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Vitamin E, Enteric Coating, Glycine, Vitamin E, Enteric Coating, (Ethylcellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).
Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

Vitality & Prostate Health

Supplement Facts

Amount Per Serving	% Daily Value
Saw Palmetto Berry Extract (Serenoa repens)(35% Fatty Acids = 272 mg)	320 mg*

* Daily Value not established.
Other Ingredients: Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).
Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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



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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!

Antioxidant & Circulation

Supplement Facts

Amount Per Serving	% Daily Value
alpha-Lipoic Acid	50 mg*
Turmeric Root Extract (Curcuma longa)(Standardized to Curcuminoids)	50 mg*
resVida® trans-Resveratrol	30 mg*
Lutemax® 2020 Lutein	10 mg*
Zeaxanthin (as Zeaxanthin Isomer)	2.2 mg*

* Daily Value not established.
Other Ingredients: Gelatin, Cellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Muscle Protein Synthesis

Supplement Facts

Amount Per Serving	% Daily Value
L-Leucine	500 mg*

* Daily Value not established.
Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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 Artificial Flavors, Yeast Free.



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resVida® is a trademark of DSM.

GNC

MEGA
MEN®
Whole Body

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN*

- Our most comprehensive Vitapak® program that provides support for both wellness and performance
- Targets 13 core functions for head-to-toe support*



30 PACKS



PHYSICIAN
ENDORSED*

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.

BRAIN HEALTH

Ginkgo biloba for mental sharpness and Omega-3 fatty acids for healthy brain function*

MUSCLE PROTEIN

L-Leucine for muscle protein synthesis*

DIGESTION

Digestive enzyme complex to support healthy digestive function*

COLON HEALTH

Vitamin D to support colon health*

BONE HEALTH

Vitamin D and calcium for healthy bones plus a Joint Health formula*

PROSTATE HEALTH

Saw palmetto to support normal prostate function and healthy urinary flow*

MEN'S HEALTH

Clinically studied men's multivitamin*

EYE HEALTH

Omega-3 DHA, lutein and beta-carotene for eye health*

HEART HEALTH

Omega-3 fatty acids and lycopene to support cardiovascular health*

CIRCULATION SUPPORT

Clinically proven resVida®, which has been shown to support blood vessel dilation*

CELL PROTECTION

Antioxidants to protect against harmful free radicals*

IMMUNE SUPPORT

Vitamin C for immune support*

ENERGY PRODUCTION

An array of B vitamins for energy production*

*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 multivariate statistical analyses of a group of B 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-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to 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.