CODE 209711 GQG

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

Serving Size Two Beige Capsets

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 ..... 7 mg	*
Grape Seed Extract (*Vitis vinifera*) ..... 1 mg	*
Lycopene ..... 1 mg	*
Turmeric Root Extract (CurcuWIN™)(*Curcuma longa*)(Standardized to Curcuminoids) ..... 500 mg	*
Zeaxanthin (as Zeaxanthin Isomers) ..... 400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*) ..... 50 mcg	*
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, Cabbage Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Pumpkin Seed Powder (*Cucurbita pepo*), Saw Palmetto Berries Extract (*Serenoa repens*)	
Amino Acid Blend ..... 1,146 mg	*
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.

ACTUAL SIZE

Brain Health

Supplement Facts

Serving Size One Tan Capsule

Amount Per Serving	
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonglycosides = 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.

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
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.

ACTUAL SIZE

Digestive Enzymes

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
n•zimes® Proprietary Blend ..... 1,146 mg	*
Amylase 3000 DU, Protease 4.5 75000 HUT, Lipase 125 RP, Glucoamylase 5.5 AGU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FCCPU, Protease 6.0 1000 HUT, Papain 140,000 FCCPU, Cellulase 50 CU, Diastase 62.5 DP, CoreCalase® 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.

ACTUAL SIZE

Heart & Eye Health

Supplement Facts

Serving Size One Amber Softgel

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	*

† 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 (Ethylcellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

ACTUAL SIZE

Vitality & Prostate Health

Supplement Facts

Serving Size One Dark Brown Capsule

Amount Per Serving	
Saw Palmetto Berry Extract (*Serenoa repens*)(85% 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.

ACTUAL SIZE

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

Antioxidant & Circulation

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
alpha-Lipoic Acid ..... 50 mg	*
Grape Seed Extract (*Curcuma longa*)(Standardized to Curcuminoids) ..... 50 mg	*
resVida® Trans-Resveratrol ..... 50 mg	*
Lutemax® 2020 Lutein ..... 10 mg	*
Zeaxanthin (as Zeaxanthin Isomers) ..... 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.

ACTUAL SIZE

Muscle Protein Synthesis

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
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.

ACTUAL SIZE

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medications, or have a medical condition. Discontinue use two weeks prior to surgery.

No Artificial Colors, No Artificial Flavors, Yeast Free.

Lutemax 2020 LUTEIN & ZEAXANTHIN

n•zimes

resVida

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n•zimes® and CoreCalase® are trademarks of National Enzyme Company, Inc.

resVida® is a trademark of DSM.

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® Whole Body

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN*

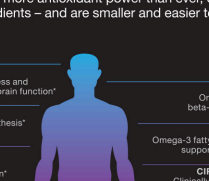
- Our most comprehensive Vitapak® program that provides support for both wellness and performance
- Targets 13 core functions for head-to-toe support*

30 PACKS

PHYSICIAN ENDORSED*

Whole Body

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*

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

MUSCLE PROTEIN
L-Leucine for muscle protein synthesis*

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

DIGESTION
Digestive enzyme complex to support healthy digestive function*

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

COLON HEALTH
Vitamin D to support colon health*

CELL PROTECTION
Antioxidants to protect against harmful free radicals*

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

IMMUNE SUPPORT
Vitamin C for immune support*

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

ENERGY PRODUCTION
An array of B vitamins for energy production*

MEN'S HEALTH
Clinically studied men's multivitamin*

*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 leading multivitamin formula based on multivariate statistical analysis 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-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.