

CODE 209911
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
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 (CurcuWIN™)(<i>Curcuma longa</i>) (Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*

Fruit & Vegetable Blend

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*)

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving % Daily Value

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 (<i>Vitis vinifera</i>)(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.

Phytosterols

Supplement Facts

Serving Size One White Caplet

Amount Per Serving % Daily Value

Phytosterols	800 mg	*
--------------	--------	---

* Daily Value not established.

Other Ingredients: Calcium Carbonate, Corn Starch, Cellulose, Silica, Talc, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Coenzyme Q-10

Supplement Facts

Serving Size One Green Capsule

Amount Per Serving % Daily Value

Coenzyme Q-10 (Natural)	100 mg	*
-------------------------	--------	---

* Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Chlorophyll, Titanium Dioxide (Natural Mineral Whitener).

Potencies verified by GNC procedure #5012. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

GQC

Double Strength Fish Oil

Supplement Facts

Serving Size One Light Yellow Softgel Capsule

Amount Per Serving % Daily Value

Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
EPA (Eicosapentaenoic Acid)(Omega-3)	360 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	240 mg	*

† Percent Daily Value based on a 2,000 calorie diet.
 * Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor, Vitamin E, Rosemary Leaves Extract (*Rosmarinus officinalis*), Vanadium (as Sodium Metavanadate).
 Potency verified by GNC procedure #5123. 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, No Wheat, Gluten Free, 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

*Statin drugs can reduce the amount of natural CoQ-10 within the body. Supplementing with CoQ-10 helps replenish CoQ-10 levels within the body. CoQ-10 is not a statin replacement and does not lower cholesterol. Consult your doctor before discontinuing any medications when taking CoQ-10.

†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.

* 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!

PHYSICIAN ENDORSED*

PHYSICIAN ENDORSED*

MegaNatural®-BP™

Supplement Facts

Serving Size One Brown Capsule

Amount Per Serving % Daily Value

MegaNatural®-BP™ Grape Seed Extract (<i>Vitis vinifera</i>)	300 mg	*
---	--------	---

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.
 Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Niacinamide

Supplement Facts

Serving Size One White Tablet

Amount Per Serving % Daily Value

Niacin (as Niacinamide)	100 mg	500%
-------------------------	--------	------

Other Ingredients: Dicalcium Phosphate, Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Whole Brown Rice Powder (*Oryza sativa*).

Potencies verified by GNC procedure #5103. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

CurcuWIN™ trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

MegaNatural®-BP™ and its logo are trademarks of Constellation Brands, Inc.

GNC

MEGA MEN® Heart

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Supports healthy cholesterol and blood pressure levels*
- Has CoQ-10 for heart health and cellular energy*



30 PACKS



PHYSICIAN ENDORSED*

GNC

MEGA MEN® Heart

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 brands. ^ Helps support colon health.*
- ✓ **Healthy Cholesterol Levels**
Packed with phytosterols and fish oil to support healthy cholesterol levels and niacin to support a healthy blood lipid profile. Plus it has CoQ-10, which is beneficial for those taking statin drugs.**
- ✓ **Blood Pressure & Circulatory Support**
Features fish oil plus clinically studied MegaNatural®-BP™ grape seed extract to help maintain healthy blood pressure levels already within normal range.*
- ✓ **Cellular Energy**
Includes CoQ-10 for cellular energy and an array of B vitamins for energy production.*

* 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.