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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

MEGA MEN[®] Basics

Dietary Supplement

MULTIVITAMIN FOR MEN

- 12 vitamins and minerals at 100% daily value or more
- B vitamins for energy & metabolism*
- Antioxidants to protect from harmful free radicals that can damage healthy cells*

225 CAPLETS



CODE 713612

DIRECTIONS: As a dietary supplement, take one caplet daily.

ARG

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A2500 IU 50%		Iodine (as Potassium Iodide).....150 mcg 100%	
(40% as beta-Carotene & 60% as Vitamin A Acetate)		Magnesium (as Magnesium Oxide)50 mg 13%	
Vitamin C (as Ascorbic Acid).....60 mg 100%		Zinc (as Zinc Oxide)11 mg 73%	
Vitamin D (as Cholecalciferol D-3).....500 IU 125%		Selenium (as Sodium Selenate).....19 mcg 27%	
Vitamin E (as Natural dl-alpha Tocopheryl Acetate) ..50 IU 167%		Copper (as Cupric Sulfate)0.5 mg 25%	
Vitamin K (as Phytonadione).....30 mcg 38%		Manganese (as Manganese Sulfate).....2.3 mg 115%	
Thiamin (Vitamin B-1)1.5 mg 100%		Chromium (as Chromium Picolinate)50 mcg 42%	
(as Thiamin Mononitrate)		Molybdenum (as Sodium Molybdate)45 mcg 60%	
Riboflavin (Vitamin B-2)1.7 mg 100%		Chloride (as Potassium Chloride).....72 mg 2%	
Niacin (as Niacinamide)20 mg 100%		Potassium (as Potassium Chloride).....80 mg 2%	
Vitamin B-6 (as Pyridoxine Hydrochloride).....3 mg 150%			
Folic Acid400 mcg 100%		Silicon (as Calcium Silicate)2 mg *	
Vitamin B-12 (as Cyanocobalamin)25 mcg 417%		Lycopene300 mcg *	
Biotin30 mcg 10%		Lutein250 mcg *	
Pantothenic Acid (as Calcium Pantothenate).....10 mg 100%		Vanadium (as Sodium Metavanadate)10 mcg *	
Calcium220 mg 22%		Nickel (as Nickel Sulfate)5 mcg *	
(as Calcium Carbonate & Dicalcium Phosphate)			
Phosphorus (as Dicalcium Phosphate).....20 mg 2%			

* Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Acacia, Croscarmellose Sodium, Stearic Acid, Hypromellose, Crospovidone, Polydextrose, Titanium Dioxide Color, Silicon Dioxide, Magnesium Stearate, Polyethylene Glycol, Medium Chain Triglycerides, FD&C Blue #2 Aluminum Lake, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake.

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.

KEEP OUT OF REACH OF CHILDREN.

Keep in a cool, dry place.

* 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.

Lot No./Best By: