

CODE 209212
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:
Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Beige Caplets	
Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% 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 Phytionadione)	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%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%

Sports Blend	
Beta-Alanine (as CarnoSyn®)	10 mg *
Taurine	10 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
MSM (Methylsulfonyl-methane)	10 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Sodium Borate)	2 mg *

Amount Per Serving	% Daily Value
Celery Juice Concentrate (<i>Apium graveolens</i>)	1.9 mg *
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
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 *
Branched Chain Amino Acid Blend	
(L-Leucine, L-Isoleucine, L-Valine)	150 mg *
* 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.
Conforms to USP <2091> for weight.

N.O. Support

Supplement Facts

Serving Size One Capsule	
Amount Per Serving	
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.

BQ6

Ultra Energy Generator

Supplement Facts

Serving Size One Red Capsule	
Amount Per Serving	% Daily Value
Niacin	20 mg 100%
Proprietary Thermogenic Blend	
Caffeine Anhydrous, Capsimax® Capsicum Fruit Extract (<i>Capsicum annuum</i>), Piperine (<i>Piper nigrum</i>) (from Black Pepper Extract)(50% Piperine = 5 mg)	243.34 mg *
* Daily Value not established.	

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silica, Titanium Dioxide (Natural Mineral Whitener), Artificial Colors (FD&C Blue #1, FD&C Red #40).

Contains 200 mg of caffeine.
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 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

*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.

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!

Muscle Recovery & Support

Supplement Facts

Serving Size One White Caplet	
Amount Per Serving	
L-Arginine	500 mg*
L-Glutamine	500 mg*
Palmitic Acid Monoethanolamide	50 mg*
* Daily Value not established.	

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



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GNC
MEGA
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Sport

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN*

- Antioxidants • Performance & Energy
- Blood Flow • Recovery



30 PACKS

PHYSICIAN
ENDORSED*

NEW

GNC
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MEN®
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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 studied men's multivitamin shown to work better than a basic multivitamin.* Helps support colon health.*
- ✓ **Antioxidants**
Helps protect against harmful free radicals that can be produced during your workout.*
- ✓ **Performance & Energy**
Features caffeine and B vitamins for energy support plus additional nutrients to support performance and high intensity training.*
- ✓ **Blood Flow**
Has ingredients to enhance blood vessel dilation.*
- ✓ **Recovery**
Includes ingredients to support muscle recovery and provide a healthy response to inflammation.*

* 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.