

Conforms to USP <2091> for weight.
No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.
CurcuWIN™ and Lutemax® 2020 trademarks belong to OmniActive Health Technologies.

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



GLUTEN
FREE

* 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.



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 QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

GNC

MEGA
MEN®

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

Men's Health

Contains a clinically studied men's multivitamin formula shown to work better than a basic multivitamin.^ Helps support colon and prostate health.*

Antioxidants

Packed with antioxidants for cell protection and stress defense.*

Heart

Supports heart health and cardiovascular function.*

Immune Support

Supports immune health with 20% more absorption of key immune and stress defense nutrients.^

*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 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.

GNC

MEGA
MEN®

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*

- Antioxidants
- Heart
- Immune Support

NEW!
SMALLER
PILLS

Timed-Release
90 CAPLETS



PHYSICIAN
ENDORSED*

AQC
CODE 201412
DIRECTIONS: As a dietary supplement, take two caplets daily with food. For maximum benefits, take as directed every day.

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Caplets Servings Per Container 45	
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 Phytanadione)	80 mcg.....100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg.....2333%
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™) (Curcuma longa)(Standardized to Curcuminoids)	500 mcg.....*
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, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Pumpkin Seed Powder (Cucurbita pepo), Saw Palmetto Berries Extract (Serenoa repens)	
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 (Vitis vinifera)(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.
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.