



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

* This statement has not been evaluated
by the Food and Drug Administration.
This product is not intended to diagnose,
treat, cure, or prevent any disease.

GNC MEGA MEN®

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*

- Antioxidants
- Heart
- Immune Support*

Timed-Release
28 CAPLETS



PHYSICIAN
ENDORSED*

CODE 201415

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

AQ

Supplement Facts

Serving Size Two Caplets
Servings Per Container 14

Amount Per Serving	% Daily Value
Vitamin A.....	5000 IU.....100%
(50% as beta-Carotene & 50% Retinyl Acetate)	
Vitamin C.....	300 mg.....500%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D.....	1600 IU.....400%
(as Cholecalciferol D-3)	
Vitamin E.....	30 IU.....100%
(as Natural d-alpha Tocopheryl Acetate)	
Vitamin K.....	80 mcg.....100%
(as Phytonadione)	
Thiamin.....	50 mg.....3333%
(Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin.....	50 mg.....2941%
(Vitamin B-2)	
Niacin.....	50 mg.....250%
(as Nicotinamide & Niacin)	
Vitamin B-6.....	50 mg.....2500%
(as Pyridoxine Hydrochloride)	
Folic Acid.....	400 mcg.....100%
Vitamin B-12.....	50 mcg.....833%
(as Cyanocobalamin)	
Biotin.....	300 mcg.....100%
Pantothenic Acid.....	50 mg.....500%
(as Calcium d-Pantothenate)	
Calcium.....	200 mg.....20%
(as Calcium Carbonate & Calcium Ascorbate)	
Iodine.....	150 mcg.....100%
(as Potassium Iodide)	
Magnesium.....	100 mg.....25%
(as Magnesium Oxide)	
Zinc.....	25 mg.....167%
(as Zinc Oxide)	
Selenium.....	200 mcg.....286%
(as L-Selenomethionine)	
Copper.....	2 mg.....100%
(as Copper Sulfate)	
Manganese.....	2 mg.....100%
(as Manganese Sulfate)	
Chromium.....	120 mcg.....100%
(as Chromium Chloride)	
Molybdenum.....	75 mcg.....100%
(as Sodium Molybdate)	

Amount Per Serving	% Daily Value
Super Antioxidant Blend	
alpha-Lipoic Acid.....	25 mg.....*
Lutemax® 2020 Lutein.....	2 mg.....*
Lycopene.....	1 mg.....*
Turmeric Root Extract (Curcumin™).....	500 mcg.....*
(Curcuma longa)(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg.....*
Astaxanthin.....	50 mcg.....*
(from Haematococcus pluvialis)	
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)	
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.....	1 mg.....*
(Vitis vinifera)(Standardized to Polyphenols)	
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 Whiteners), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

Lot No./Best By: