

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.
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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



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

Since 1935, 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.

- ✓ **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 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.

* 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.

GNC
MEGA
MEN®

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN ^

- Powerful antioxidants from fruits and vegetables*
- Support for heart, colon and prostate health*
- Better absorption of key immune defense nutrients*

CODE 201812 EOG

DIRECTIONS: As a dietary supplement, take three capsules daily with food.

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (as 50% 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 Phyltonadione)	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™)(Curcuma longa)	500 mcg *
(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin	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: Gelatin, Cellulose, Silica, Magnesium Stearate Vegetable Source.

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.



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90 CAPSULES