

CODE 208812
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:

Mega Men® 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 Phytonadione)	80 mcg.....100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg.....3333%
Riboflavin (Vitamin B-2)	50 mg.....2941%
Niacin (as Nicotinamide & 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.....*
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 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.....*
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.

High Potency EPA & DHA

Supplement Facts

Serving Size One Light Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	1.5 g.....2%†
Total Omega-3s	1171 mg.....*
EPA (Eicosapentaenoic Acid)(Omega-3)	714 mg.....*
DHA (Docosahexaenoic Acid)(Omega-3)	286 mg.....*
Other Omega-3s	171 mg.....*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin.
Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

Men's Prostate

Supplement Facts

Serving Size One Dark Brown Softgel Capsule

Amount Per Serving	
Saw Palmetto Berries Extract (Serenoa repens)(85% Fatty Acids = 136 mg) (Standardized to Sterols)	160 mg*

* Daily Value not established.

Other Ingredients: Olive Oil, Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

BQG

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

Circulatory Health

Supplement Facts

Serving Size One White Capsule

Amount Per Serving	
L-Arginine	250 mg*
L-Citrulline	100 mg*
resVida® trans-resveratrol	30 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Silica.
Potency verified by GNC procedure #5115.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

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 Colors, 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 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.

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!

Vitality & Sexual Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
Maca Root Powder (Lepidium meyenii)	450 mg*
Proprietary Blend of Nettle Leaf Powder (Urtica dioica), Eleuthero Root Powder (Eleutherococcus senticosus), Horny Goat Weed Extract (Epimedium sagittatum), Pumpkin Seed Meal (Cucurbita pepo)	50 mg*

* Daily Value not established.

Other Ingredients: Gelatin, Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

ACTUAL SIZE

CurcuWIN™ CurcuWIN™ trademark belongs to OmniActive Health Technologies.
Lutemax® 2020 Lutemax® 2020 is a trademark of OmniActive Health Technologies.
resVida resVida® is a trademark of DSM.

GNC

MEGA MEN®

Performance & Vitality

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants • Circulation • Prostate & Sexual Health
- Overall Health & Wellness



30 PACKS

PHYSICIAN ENDORSED*

NEW

Performance

GNC

MEGA MEN®

Performance & Vitality

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**
Packed with antioxidants for cell protection and immune support.*
- ✓ **Circulation**
Features clinically studied ingredients to enhance blood vessel dilation. Also has ingredients to help maintain blood vessel tone.*
- ✓ **Prostate & Sexual Health**
Includes lycopene and saw palmetto to support prostate health. Also has L-arginine, which plays a key role in sexual health.*
- ✓ **Overall Health & Wellness**
Contains EPA & DHA, which help support the cardiovascular system, healthy cholesterol levels and joint health.*

* 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.