



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!

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



GNC

**MEGA
MEN®
Energy**

Mega Men® Energy is much more than a multivitamin—it's also a complete energy formula in one easy-to-mix powder!

- ✓

Men's Health
Contains a clinically studied multivitamin formula* shown to support men's health including 10 g of fiber for digestive health and lycopene for heart and prostate health.*
- ✓

Energy & Metabolism
Packed with B vitamins essential for energy production. Also features a thermogenic blend, which increases calorie burning, and green tea to support metabolism.*
- ✓

Mental Focus
Includes both an immediate and a sustained release of caffeine to support mental focus. Also includes choline, which supports memory function.*
- ✓

Circulation
Includes ingredients clinically shown to increase blood vessel dilation, and L-arginine, an essential precursor of nitric oxide, to help maintain blood vessel tone.*
- ✓

Antioxidants
Packed with antioxidants from both vitamins and plant-based sources. These antioxidants minimize the effect of free radicals that can be produced by intense exercise. They also support eye, skin and heart health.*

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF 36 Vitality and Mental Health scores compared to those taking a 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®
Energy**

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*
& COMPLETE ENERGY FORMULA

- Energy & Metabolism
- Mental Focus
- Circulation
- Antioxidants



Chocolate
Natural & Artificial Flavors

NET WT 39.15 OZ (2.45 LB) 1110 g

NEW

Energy

CODE 171077 A0G

DIRECTIONS: As a dietary supplement, mix two level scoops (37 g) with 8-12 fl. oz. of cold water or preferred cold beverage daily. Stir briskly or shake well in a closed container until completely mixed. May adjust amount of liquid depending on thickness desired.

Supplement Facts		Amount Per Serving	% Daily Value†
Energy & Metabolism Blend			
Serving Size Two Level Scoops (37 g)			
Servings Per Container 30			
Amount Per Serving			% Daily Value†
Calories		130	
Calories from Fat		20	
Total Fat		2 g	3%
Saturated Fat		1 g	5%
Cholesterol		25 mg	8%
Total Carbohydrate		16 g	5%
Dietary Fiber		10 g	40%
Sugars		2 g	
Protein		10 g	
Vitamin A (as 50% Vitamin A Acetate and 50% beta-Carotene)		5000 IU	100%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)		300 mg	500%
Vitamin D (as Cholecalciferol D-3)		1600 IU	400%
Vitamin E (as Natural d-alpha Tocopherol Acetate)		30 IU	100%
Vitamin K (as Phytonadione K-1)		80 mcg	100%
Thiamin (as Thiamin Mononitrate)		50 mg	3330%
Riboflavin		50 mg	2940%
Niacin (as Niacinamide and Niacin)		50 mg	250%
Vitamin B-6 (as Pyridoxine HCL)		50 mg	2500%
Folic Acid		400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)		50 mcg	8330%
Biotin		300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)		50 mg	500%
Calcium (as Calcium Carbonate)		200 mg	20%
Magnesium (as Magnesium Oxide)		50 mg	12%
Zinc (as Zinc Oxide)		25 mg	165%
Selenium (as L-Selenomethionine)		200 mcg	265%
Iodine (as Potassium Iodide)		150 mcg	100%
Copper (as Copper Oxide)		2 mg	100%
Manganese (as Manganese Sulfate)		2 mg	100%
Chromium (as Chromium Hydrolyzed Chelate Protein)		120 mcg	100%
Molybdenum (as Sodium Molybdate)		75 mcg	100%
Chloride		72 mg	2%
Sodium		125 mg	5%
Potassium		350 mg	10%
Antioxidant Blend			
alpha-Lipoic Acid		25 mg	
Turmeric Root Extract (CurcuWIN™)		10 mg	
(Curcuma longa)(20% Curcuminoids = 2 mg)			
Lutemax 2020™ Lutein		2 mg	
Zeaxanthin (as Zeaxanthin Isomers)		400 mcg	
Astaxanthin (Haematococcus pluvialis)		50 mcg	
beta-Cryptoxanthin		10 mcg	
Circulatory Support Complex			
L-Arginine (as L-Arginine and Whey Protein Concentrate)		2000 mg	
resVida® trans-resveratrol		30 mg	
Men's Health Blend			
Choline (as Choline Bitartrate)		100 mg	
ProHydrolase® Protease Enzyme Blend		100 mg	
Proprietary blend of proteases from		35,000 HUT	
Bacillus subtilis and Ananas comosus			
Inositol		10 mg	
Silica (as Silicon Dioxide)		4 mg	
Boron (as Boron Hydrolyzed Vegetable Protein)		2 mg	
Lycopene		1 mg	
Vandium		10 mcg	
Fiber Blend			
Gum Acacia, Cellulose Gum, Inulin, Fructooligosaccharides		10 g	
Essential Fatty Acid Blend			
MCT Oil (Medium Chain Triglycerides), CLA (Conjugated Linoleic Acid)		1g	
Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evening Primrose Oil			

Other Ingredients: Whey Protein Concentrate, Cocoa Powder, Natural & Artificial Flavor, Nonfat Dry Milk, Maltodextrin, Guar Gum, Citrus Pectin, Potassium Citrate, Lecithin, Sodium Caseinate, Xanthan Gum, Sodium Chloride, DiPotassium Phosphate, Mono & Diglycerides, Sucralose, Acesulfame Potassium, Stevia Leaf Extract.

CONTAINS: Milk, Soybeans, and Tree Nuts (Lychee).

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.

Contains 200 mg of caffeine.

NOTICE: Significant product settling may occur.



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resVida® promotes healthy aging resVida® is a trademark of DSM.