

CODE 171083 GCG
DIRECTIONS: As a dietary supplement, mix one packet (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

Serving Size One Packet (37 g)	
Servings Per Container 5	
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 & 50% beta-Carotene).....	5000 IU.....100%
Vitamin C (as Calcium Ascorbate & Ascorbic Acid).....	300 mg.....500%
Vitamin D (as Cholecalciferol D-3).....	1600 IU.....400%
Vitamin E (as Natural δ-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 & 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.....833%
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.....285%
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.....	300 mg.....9%

Amount Per Serving	% Daily Value
Energy & Metabolism Blend	
Caffeine (as Extended Release Caffeine & Caffeine Anhydrous).....	200 mg.....*
Green Coffee Bean Extract (<i>Coffea robusta</i> & <i>Coffea arabica</i>).....	1000 mg.....*
(45% Chlorogenic Acid = 45 mg)	
Garcinia cambogia Extract.....	100 mg.....*
Lychee Fruit Extract (<i>Litchi chinensis</i>).....	50 mg.....*
Capsimax® Capsicum Fruit Extract (<i>Capsicum annuum</i>)(Fruit).....	33.34 mg.....*
(Standardized for Capsaicinoids)	
Decaffeinated Green Tea Extract (<i>Camellia sinensis</i>).....	20 mg.....*
Siberian Ginseng Root Extract (<i>Eleutherococcus senticosus</i>).....	10 mg.....*
Piperine (<i>Piper nigrum</i>)(from Black Pepper Extract).....	5 mg.....*
Antioxidant Blend	
alpha-Lipoic Acid.....	25 mg.....*
Turmeric Root Extract (CurcuWIN™).....	10 mg.....*
(<i>Curcuma longa</i>)(20% Curcuminoids = 2 mg)	
Lutemax® 2020 Lutein.....	2 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg.....*
Astaxanthin (<i>Haematooccus pluvialis</i>).....	50 mcg.....*
beta-Cryptoxanthin.....	10 mcg.....*
Circulatory Support Complex	
L-Arginine (as L-Arginine & 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
<i>Bacillus subtilis</i> & <i>Ananas comosus</i>	
Inositol.....	10 mg.....*
Silica (as Silicon Dioxide).....	4 mg.....*
Boron (as Boron Hydrolyzed Vegetable Protein).....	2 mg.....*
Lycopene.....	1 mg.....*
Vanadium.....	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).....	1 g.....*
Safflower Oil, Borage Oil, Flaxseed Oil, Olive Oil, Chia Oil, Evening Primrose Oil	

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Whey Protein Concentrate, 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® is a trademark of DSM.

*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.



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!

* 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.



GLUTEN
FREE

GNC

MEGA
MEN®
Energy &
Metabolism



GNC

MEGA
MEN®

Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN*
& COMPLETE ENERGY FORMULA

- Promotes energy and metabolism*
- Increases blood vessel dilation*
- Minimizes the effect of free radicals*
- Includes 10 g of fiber and 10 g of protein



Vanilla

Natural & Artificial Flavors

5 PACKETS • NET WT 6.52 OZ (185 g)

Energy