

Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

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 USA

GNC

MEGA MEN® ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

*Ultra Concentrated with 39
Important Nutrients*

One Per Day
60 CAPLETS

Iron Free

CODE 179322

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	3500 IU... 70%
Vitamin C (as Ascorbic Acid)	100 mg... 167%
Vitamin D (as Cholecalciferol D-3)	1200 IU... 300%
Vitamin E	45 IU... 150%
(as Natural d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytionadione)	80 mcg... 100%
Thiamin (Vitamin B-1)	1.65 mg... 110%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	1.87 mg... 110%
Niacin (as Niacinamide)	20 mg... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg... 165%
Folic Acid	400 mcg... 100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg... 417%
Biotin	300 mcg... 100%
Pantothenic Acid	16.5 mg... 165%
(as Calcium d-Pantothenate)	
Calcium	250 mg... 25%
(as Calcium Carbonate and Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate)	15 mg... 2%
Iodine (as Potassium Iodide)	150 mcg... 100%
Magnesium (as Magnesium Oxide)	125 mg... 31%
Zinc (as Zinc Oxide)	30 mg... 200%

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

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. Conforms to USP <2091> for weight.

IRG

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite)	120 mcg... 171%
Copper (as Cupric Oxide)	2 mg... 100%
Manganese (as Manganese Sulfate)	2 mg... 100%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg... 167%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg... 100%
Chloride (as Potassium Chloride)	72 mg... 2%
Potassium (as Potassium Chloride)	80 mg... 2%
Amino Acid Blend	20 mg... *
(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)	
Brain Health Blend	
Choline (as Choline Bitartrate)	2.5 mg... *
Inositol	2.5 mg... *
Eye Health & Free Radical Protection Blend	
Lutemax® 2020 Lutein	1 mg... *
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg... *
Men's Health & Mineral Blend	
Silica (as Silicon Dioxide)	2 mg... *
Lycopene	600 mcg... *
Boron (as Hydrolyzed Protein Chelate)	150 mcg... *
Tin (as Stannous Chloride)	10 mcg... *
Vanadium (as Vanadyl Sulfate)	10 mcg... *
Nickel (as Nickel Sulfate)	5 mcg... *

* Daily Value not established.

Lot No./Best By: