



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 & Metabolism

Mega Men® Energy & Metabolism 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^a 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.*

^aIn 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 & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^a
& 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



NET WT 39.15 OZ (2.45 LB) 1110 g

CODE 171077

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
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	4%	3%†
Saturated Fat	1 g	2%	5%†
Cholesterol	25 mg	5%	8%
Total Carbohydrate	16 g	5%	5%†
Dietary Fiber	10 g	40%	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 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 Nicotinamide & 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	350 mg	10%	
Energy & Metabolism Blend			
Caffeine (as Extended Release Caffeine & Caffeine Anhydrous)	200 mg		*
Green Coffee Bean Extract (Coffea robusta & Coffea arabica) (45% Chlorogenic Acid = 45 mg)	100 mg		*
Garcinia cambogia Extract	100 mg		*
Lychee Fruit Extract (Litchi chinensis)	50 mg		*
Capsimax® Capsicum Fruit Extract (Capsicum annuum)(Fruit) (Standardized for Capsaicinoids)	33.34 mg		*
Decaffeinated Green Tea Extract (Camellia sinensis)	20 mg		*
Siberian Ginseng Root Extract (Eleutherococcus senticosus)	10 mg		*
Piperine (Piper nigrum)(from Black Pepper Extract)	5 mg		*
Antioxidant Blend			
alpha-Lipoic Acid	25 mg		*
Turmeric Root Extract (CurcuWIN®) (Curcuma longa)(20% Curcuminoids = 2 mg)	10 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 & 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 Bacillus subtilis and Ananas comosus	35,000 HUT		*
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, Cocoa Powder, Natural & Artificial Flavor, Nonfat Dry Milk, Maltodextrin, Guar Gum, Citrus Pectin, Potassium Citrate, Lecithin, Sodium Caseinate, Xanthan Gum, Sodium Chloride, D/Potassium 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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