

Conforms to USP <2091> for weight.

No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free.



Lutemax 2020™ is a trademark of OmniActive Health Technologies.

<sup>4</sup>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.

<sup>1</sup>Compared to leading brands.

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 QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

#### GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



Please recycle this box.



*Dr. Frank J. Costa, M.D.*

Frank J. Costa, M.D., an acclaimed urological surgeon and men's health expert, is part of the GNC Medical Advisory Board.

One of "America's Top Physicians," Dr. Costa lectures nationally and internationally on men's health topics. Dr. Costa is regularly featured in television, radio and newspaper interviews and has published articles in both professional journals and popular magazines.

*"Heart health is a big concern for many men, and protecting your heart is one of the best things you can do to live well. I recommend Mega Men® Heart because it provides a full range of vitamins and minerals, plus phyosterols to help lower cholesterol."*

#### MEGA MEN® HEART

##### Heart Health

- Features phyosterols that lower LDL (bad) cholesterol. These natural compounds found in fruits, vegetables and whole grain products work by blocking cholesterol absorption.\* \*\*Scientific research shows that a minimum of 400 mg per serving of free phyosterols taken twice a day with meals for a daily total of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each serving of Mega Men® Heart supplies 800 mg of phyosterols.
- Supplies Heart Protection Blend with L-arginine, L-carnitine, policosanol and CoQ-10 to support a healthy heart and maintain blood vessel tone.\*
- Includes B-vitamins that play a vital role in the maintenance of normal homocysteine levels.\* Homocysteine levels are a recognized marker for cardiovascular health.
- Contains calcium and folic acid which may help maintain healthy blood pressure already within normal range.\* Also supplies lycopene to support cardiovascular health.\*

##### Advanced Nutritional Support

- Combines a B-vitamin complex that is essential for carbohydrate metabolism and energy production with key minerals such as copper which is involved in the production of cellular energy and chromium that plays an important role in normal glucose utilization.\*
- Includes 1,600 IU of vitamin D-3. Emerging research suggests that adequate daily vitamin D intake may play a role in supporting colon and immune health.\*

Timed-release caplets provide a gradual release of vital nutrients.

\* 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.

**2X MORE D-3<sup>1</sup>**



# MEGA MEN® Heart

Dietary Supplement

**CLINICALLY STUDIED  
MULTIVITAMIN\***

- With 1,600 IU of vitamin D-3
- Lowers LDL (bad) cholesterol with phyosterols\*
- Promotes healthy blood pressure levels\*
- Supports normal, healthy blood vessel function\*

**Timed-Release  
90 CAPLETS**



**CLINICALLY  
STUDIED\***

# Heart

CODE 177412

DIRECTIONS: As a dietary supplement, take three caplets daily with food.

## Supplement Facts

Serving Size Three Caplets  
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (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 Niacinamide & 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)	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 Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Phyosterols	800 mg *
Heart Protection Blend	100 mg *
L-Arginine, L-Carnitine, Coenzyme Q-10, Policosanol	
alpha-Lipoic Acid	25 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020™ Lutein	950 mcg *
Lycopene	950 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg *
Astaxanthin	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

\*Daily Value not established.

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

**CONTAINS: Fish and Soybeans.**

**WARNING:** Do not exceed recommended daily intake. Use only as directed. 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.