

CODE 209317
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:

Mega Men® Energy & Metabolism Multivitamin

Supplement Facts

Serving Size Two Beige Capslets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	5000 IU 100%
Vitamin C (as 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 & Calcium Ascorbate)	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 Copper Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%

Energy & Metabolism Blend.....150 mg.....*

Caffeine Anhydrous, Green Tea Extract (*Camellia sinensis*)(Standardized to Polyphenols), Eleuthero Root Powder (*Eleutherococcus senticosus*), Capsimax® Capsicum Seed Extract (*Capsicum annuum*), Black Pepper Fruit Extract (*Piper nigrum*)(Standardized to Piperine)

Super Antioxidant Blend.....*

alpha-Lipoic Acid.....25 mg.....*

Lutemax® 2020 Lutein.....2 mg.....*

Lycopene.....1 mg.....*

Turmeric Root Extract (CurcuWIN™)(*Curcuma longa*)(Standardized to Curcuminoids).....500 mcg.....*

Zeaxanthin (as Zeaxanthin Isomers).....400 mcg.....*

Astaxanthin (from *Haematococcus pluvialis*).....50 mcg.....*

beta-Cryptoxanthin.....10 mcg.....*

Choline (as Choline Bitartrate).....10 mg.....*

Inositol.....10 mg.....*

Silica (as Silicon Dioxide).....4 mg.....*

Boron (as Sodium Borate).....2 mg.....*

Vanadium (as Sodium Metavanadate).....10 mcg.....*

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

Contains 100 mg of caffeine.

Conforms to <2091> for weight.

Energy & Metabolism Generator

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Niacin.....	20 mg.....100%
Caffeine Anhydrous, Capsimax® Capsicum Seed Extract.....	243.34 mg.....*
(<i>Capsicum annuum</i>), Black Pepper Fruit Extract (<i>Piper nigrum</i>)(Standardized to Piperine)	
Garcinia cambogia Fruit Extract (Standardized to Hydroxy Citric Acid).....	100 mg.....*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)(50% EGCG – 25 mg).....	50 mg.....*
Green Coffee Bean Extract (<i>Coffea sp.</i>)(Standardized to Chlorogenic Acid).....	50 mg.....*
Lychee Fruit Extract (<i>Litchi chinensis</i>).....	25 mg.....*

* Daily Value not established.

Other Ingredients: Cellulose, Magnesium Stearate Vegetable Source, Silica, Chlorophyll.

Contains 200 mg of caffeine.

Carnitine

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg*

* Daily Value not established.

Other Ingredients: Gelatin, Stearic Acid Vegetable Source, Talc, Magnesium Stearate Vegetable Source, Silica.

JRG

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

High Potency Omega-3

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g <2%†
Total Omega-3s	882 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	700 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	100 mg *
Other Omega-3s	82 mg *
Palmitic Acid Monoethanolamide	25 mg *

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

* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Silicon Dioxide, Caramel Color.

ACTUAL SIZE

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. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

No Artificial Colors, No Artificial Flavors, No Dairy, Yeast Free.

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

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

Staminol

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Kola Nut Powder (<i>Cola nitida</i>).....	87.5 mg.....*
Oat Straw Stems (<i>Avena sativa</i>).....	75 mg.....*
L-Arginine.....	50 mg.....*
GABA (gamma-Aminobutyric Acid).....	50 mg.....*
Nettle Leaf (<i>Urtica dioica</i>).....	50 mg.....*
Yohimbe Bark Extract (<i>Pausinystalia yohimbe</i>).....	30 mg.....*
Maca Root Powder (<i>Lepidium meyenii</i>).....	25 mg.....*
Epimedium Plant Extract (<i>Epimedium sagittatum</i>).....	25 mg.....*
Horny Goat Weed (<i>Epimedium sagittatum</i>).....	10 mg.....*
Muira Puama Root Powder (<i>Ptychopetalum olacoides</i>).....	5 mg.....*
Damiana Leaf Powder (<i>Turnera aphrodisiaca</i>).....	5 mg.....*
Saw Palmetto Berries Powder (<i>Serenoa repens</i>).....	5 mg.....*

* Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

Contains: Wheat.

WARNING: Not intended for use by those with a medical condition. Use only as directed.
Do not exceed recommended daily intake.



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CurcuWIN™ trademark belongs to OmniActive Health Technologies.



Lutemax® 2020 is a trademark of OmniActive Health Technologies.

GNC

MEGA
MEN®

Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants • Energy & Metabolism
- Heart Health • Sexual Health



CLINICALLY STUDIED^

30 PACKS

GNC

MEGA
MEN®

Energy & Metabolism

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- ✓ **Men's Health**
Contains a clinically studied men's multivitamin formula shown to work better than a basic multivitamin.*^
- ✓ **Antioxidants**
Packed with antioxidants to help fight free radicals that can be produced during intense exercise.*
- ✓ **Energy & Metabolism**
Features a clinically studied thermogenic proven to boost energy and enhance calorie burning. Also provides nutrients to support physical endurance and B vitamins for energy production.*
- ✓ **Heart Health**
Has EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels.*
- ✓ **Sexual Health**
Includes herbs that are traditionally used to support sexual health and L-arginine, which plays a key role in sexual health.*

* 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.