

CODE 209811

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

Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Serving Size Two Beige Caplets		
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%
Super Antioxidant Blend		
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Grape Seed Extract (Vitis vinifera)(Standardized to Polyphenols)	1 mg	*
Lycopene	1 mg	*

Amount Per Serving	% Daily Value	
CurcuWIN™ Turmeric Extract (Curcuma longa)(root)(Standardized to Curcuminoids)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from Haematococcus pluvialis)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Fruit & Vegetable Blend	68.5 mg	*
Orange Peel Powder, Spinach Leaf Powder, Elderberry Fruit Powder, Acai Fruit Powder, Blueberry Pomace Powder, Cranberry Fruit Powder, Pomegranate Fruit Powder, Broccoli Powder, Tomato Powder, Grape Skin Powder, Carrot Powder, Papaya Fruit Powder, Pineapple Fruit Powder, Cauliflower Powder, Kale Leaf Powder, Apple Fruit Powder, Kiwi Fruit Powder, Pumpkin Seed Powder (Cucurbita pepo), Saw Palmetto Berries Extract (Serenoa repens)		
Amino Acid Blend		
L-Arginine	50 mg	*
L-Glutamine	50 mg	*
Brain Health Blend		
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.

Conforms to USP <2091> for weight.

ACTUAL SIZE

TriFlex™

Supplement Facts

Serving Size Three White Caplets		
Amount Per Serving	% Daily Value	
Vitamin C (Calcium Ascorbate)	30 mg	50%
Sodium	130 mg	5%†
Glucosamine Hydrochloride	1500 mg	*
Chondroitin Sulfate, Sodium	1200 mg	*
MSM (Methylsulfonyl-methane)	900 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	5 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

CONTAINS: Crustaceans (Shrimp).

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

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.

No Artificial Colors, No Artificial Flavors,
No Wheat, Gluten Free, 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 basic 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.

High Potency Fish Oil

Supplement Facts

Serving Size One Amber Softgel		
Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%†
Total Omega-3s	900 mg	*
EPA (Eicosapentaenoic Acid)(Omega-3)	540 mg	*
DHA (Docosahexaenoic Acid)(Omega-3)	360 mg	*
† Percent Daily Value based on a 2,000 calorie diet.		
* Daily Value not established.		

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Vitamin E, Enteric Coating (Ethylcellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency verified by GNC procedure #5123.

Conforms to USP <2091> for weight.

ACTUAL SIZE

CurcuWIN™

CurcuWIN™ trademark belongs to
OmniActive Health Technologies.

Lutemax
LUTEIN &
ZEAXANTHIN
2020

Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

GNC

MEGA
MEN®
Joint

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY
STUDIED MULTIVITAMIN[^]

- Joint Health • Heart Health
- Energy Production • Antioxidants



30 PACKS



CLINICALLY
STUDIED[^]

GNC

MEGA
MEN®
Joint

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.[^]
- ✓ **Joint Health**
Features the clinically studied dose of glucosamine and chondroitin, which support joint comfort and help maintain joint function. Also has EPA, which supports the body's natural anti-inflammatory response.*
- ✓ **Heart Health**
Includes EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels.*
- ✓ **Energy Production**
Has an array of B vitamins for energy production.*
- ✓ **Antioxidants**
Helps fight free radicals produced during your workout.*

* 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.