

Conforms to USP <2091> for weight.
No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free.

Lutemax[™]
LUTEIN &
ZEAXANTHIN
2020
Capsimax[™]
Health Technologies

*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.

[†]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

ACTUAL SIZE

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.

"Lack of energy and slow metabolisms are common concerns of many of my patients. When a regular multivitamin isn't enough, I suggest Mega Men[®] Energy & Metabolism for the extra boost to help them through their busy schedules."

MEGA MEN[®] ENERGY & METABOLISM

Taking a daily multivitamin keeps you on the right track for filling your nutritional gaps. Mega Men[®] Energy & Metabolism is an enhanced multivitamin that provides the same clinically studied base as our Mega Men[®] formula with ingredients that help boost your energy!

Advanced Nutritional Support

- 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.*
- Supplies B-vitamins that are essential for energy production and metabolism.*

Calorie Burning Support

- Features an energy and metabolism blend that helps boost energy and metabolism and supports calorie burning.* The components in this blend also help support mental focus.*

Antioxidant Protection

- Contains a premium blend of antioxidants including selenium, vitamin C and vitamin E to aid in supporting the body's immunity.*
- Combines lutein and zeaxanthin, to support eye health with lycopene, an antioxidant from tomatoes to support cardiovascular health.*

Timed-release caplets provide a slow 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[†]



MEGA MEN[®] Energy & Metabolism

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN^{*}

- With 1,600 IU of vitamin D-3 for colon health and immune support*
- Boosts energy and metabolism*
- Supports mental focus*
- Calorie burning support*

Timed-Release
180 CAPLETS



**CLINICALLY
STUDIED[^]**

Energy

CODE: 177522

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 90

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)	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%
Energy & Metabolism Blend	119 mg *
Caffeine Anhydrous, Capsimax [™] Capsicum Seed Extract, Black Pepper Extract	
Proprietary Amino Acid Blend	100 mg *
Taurine, L-Methionine, L-Glutamine, L-Carnitine	
Green Tea Extract (<i>Camellia sinensis</i>)	40 mg *
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.
Each serving supplies approximately 100 mg of caffeine.

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.