WARNING: Cancer and Reproductive Harm—www.P65Warnings.ca.gov. 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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction. Contains 100 mg of caffeine.

FPO

GNC

MEGA MEN®

Energy & Metabolism

MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND^

90 CAPLETS - 45-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 206221

JVG-333

DIRECTIONS: As a dietary supplement, take two caplets daily with food. Do not take near bedtime.

Supplement Facts

Serving Size Two Caplets/Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate) 1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate) 600 mg	333%
Vitamin D (as Cholecalciferol) 50 mcg	250%
Vitamin E (as d-alpha Tocopheryl Acetate) 201.1 mg	1341%
Vitamin K (as Phytonadione) 80 mcg	67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 50 mg	4167%
Riboflavin (Vitamin B-2) 50 mg	3846%
Niacin (as Niacinamide & Niacin) 50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg	2941%
Folate (400 mcg Folic Acid) 680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin) 50 mcg	2083%
Biotin 1000 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate) 40 mg	1000%
Choline (as Choline Bitartrate) 10 mg	2%
Calcium (as Calcium Carbonate, Calcium Phosphate & Calcium d-Pantothenate) 210 mg	16%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 120 mg	29%
Zinc (as Zinc Oxide) 25 mg	227%
Selenium (as L-Selenomethionine) 200 mcg	364%
Copper (as Cupric Sulfate) 2 mg	222%
Manganese (as Manganese Sulfate) 2 mg	87%
Chromium (as Chromium Chloride) 120 mcg	343%
Molybdenum (as Sodium Molybdate) 75 mcg	167%
Potassium (as Potassium Iodide, Potassium Citrate & Potassium Chloride) 99 mg	2%
Boron (as Sodium Borate) 3 mg	*
Lutein 2 mg	*
(from Marigold (Tagetes erecta) Flower Extract)	
Lycopene 2 mg	*
Zeaxanthin (as Zeaxanthin Isomer) 400 mcg	*
from Marigold (Tagetes erecta) Flower Extract)	
Astaxanthin 50 mcg	*
(from Haematococcus pluvialis)	
Vanadium (as Sodium Metavanadate) 10 mcg	*
Coffee (Coffea arabica Bean Powder) 100 mg	*
(Standardized to 98% Caffeine = 100 mg)	
Alpha-Lipoic Acid 25 mg	*

* Daily Value not established.

Amount Per Serving	% Daily Value
Proline 10 mg	*
Capsicum (Capsicum annuum) Seed Extract 10 mg	*
Silica (as Silicon Dioxide) 4 mg	*
Black Pepper (Piper nigrum) Fruit Extract (Standardized to 95% Piperine = 2.5 mg) 2.6 mg	*
Boron (as Sodium Borate) 3 mg	*
Lutein 2 mg	*
(from Marigold (Tagetes erecta) Flower Extract)	
Lycopene 2 mg	*
Zeaxanthin (as Zeaxanthin Isomer) 400 mcg	*
from Marigold (Tagetes erecta) Flower Extract)	
Astaxanthin 50 mcg	*
(from Haematococcus pluvialis)	
Vanadium (as Sodium Metavanadate) 10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Polyvinyl Alcohol, Magnesium Stearate Vegetable Source, (Mineral Whitener), Polyethylene Glycol, Talc, Caramel Color, Natural Vanilla Mint Flavor, Steviol Glycosides.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).

Contains bioengineered food ingredients.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548, GNC.com

^See carton for related information.

Capsicum Seed Extract as Capsimax®, Capsimax® is a trademark of OmniActive Health Technologies.