

Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

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

GNC

MEGA MEN® ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

*Ultra Concentrated with 39
Important Nutrients*

One Per Day
60 CAPLETS

Iron Free

CODE 179322

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	3500 IU... 70%
Vitamin C (as Ascorbic Acid)	100 mg... 167%
Vitamin D (as Cholecalciferol D-3)	1200 IU... 300%
Vitamin E	45 IU... 150%
(as Natural d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytanadione)80 mcg... 100%
Thiamin (Vitamin B-1)	1.65 mg... 110%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	1.87 mg... 110%
Niacin (as Niacinamide)	20 mg... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg... 165%
Folic Acid	400 mcg... 100%
Vitamin B-12 (as Cyanocobalamin)25 mcg... 417%
Biotin	300 mcg... 100%
Pantothenic Acid	16.5 mg... 165%
(as Calcium d-Pantothenate)	
Calcium	250 mg... 25%
(as Calcium Carbonate and Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate)	15 mg... 2%
Iodine (as Potassium Iodide)	150 mcg... 100%
Magnesium (as Magnesium Oxide)	125 mg... 31%
Zinc (as Zinc Oxide)	30 mg... 200%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite)	120 mcg... 171%
Copper (as Cupric Oxide)	2 mg... 100%
Manganese (as Manganese Sulfate)	2 mg... 100%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg... 167%
Molybdenum (as Hydrolyzed Protein Chelate)75 mcg... 100%
Chloride (as Potassium Chloride)	72 mg... 2%
Potassium (as Potassium Chloride)	80 mg... 2%

Amino Acid Blend

20 mg... *

(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)

Brain Health Blend

Choline (as Choline Bitartrate)

2.5 mg... *

Inositol

2.5 mg... *

Eye Health & Free Radical Protection Blend

Lutemax® 2020 Lutein

1 mg... *

Zeaxanthin (as Zeaxanthin Isomers)

200 mcg... *

Men's Health & Mineral Blend

Silica (as Silicon Dioxide)

2 mg... *

Lycopen

600 mcg... *

Boron (as Hydrolyzed Protein Chelate)

150 mcg... *

Tin (as Stannous Chloride)

10 mcg... *

Vanadium (as Vanadyl Sulfate)

10 mcg... *

Nickel (as Nickel Sulfate)

5 mcg... *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

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. Conforms to USP <2091> for weight.



Lot No./Best By:

IRG