

**NEW!**  
SMALLER  
PILLS

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 45

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-Panthenate).....	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),  
Eleutherio Root Powder (*Eleutherococcus senticosus*), Capsimax® Capsicum Seed Extract,  
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™) ( <i>Curcuma longa</i> )(Standardized to Curcuminoids).....	500 mcg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg.....*
Astaxanthin (from <i>Haematococcus pluvialis</i> ).....	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.**

**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.

Contains 100 mg of caffeine.

**GNC**

# MEGA MEN® Energy & Metabolism

Dietary Supplement

## CLINICALLY STUDIED MULTIVITAMIN\*

- Energy
- Calorie Burning
- Antioxidants

Timed-Release  
90 CAPLETS



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**GNC**

# MEGA MEN® Energy & Metabolism

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✔ **Men's Health**  
Contains a clinically studied men's multivitamin formula shown to work better than a basic multivitamin.<sup>^</sup> Helps support colon and prostate health.\*
- ✔ **Energy**  
Shown to improve levels of key B vitamins essential for energy production.<sup>^\*</sup>
- ✔ **Calorie Burning**  
Contains a combination of thermogenic ingredients that may support calorie burning and mental sharpness.\*
- ✔ **Antioxidants**  
Packed with antioxidants to help fight free radicals that can be produced during intense exercise.\*

\* 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.

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

Capsimax®, CurcuWIN™ and Lutemax® 2020 trademarks belong to  
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



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- ♦ This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

<sup>^</sup>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.

### GNC QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.



**GLUTEN  
FREE**