

No Sugar, No Artificial Colors
No Preservatives, No Wheat
No Dairy

Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

MEN'S

GNC®

TIMED RELEASE

**MEGA
MEN®**

**DIETARY
SUPPLEMENT**

*The Premium Multiple Vitamin
and Mineral Supplement
Formulated for Men*

With NutraSeal™ Freshness Coating

100 TABLETS

Place UPC Here

0 48107 06423 5

CODE 492666

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

CGG

Supplement Facts

Serving Size Two Tablets

Serving Per Container 50

Amount Per Serving % Daily Value

Vitamin A (100% as beta-Carotene).....	10000 IU.....	200%
Vitamin C (as Ascorbic Acid).....	300 mg.....	500%
Vitamin D (as Cholecalciferol).....	200 IU.....	50%
Vitamin E.....	100 IU.....	333%
(as d-alpha Tocopheryl Succinate and Acetate)		
Vitamin K (as Phytonadione).....	75 mcg.....	94%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate) ...	30 mg.....	2000%
Riboflavin (Vitamin B-2).....	30 mg.....	1765%
Niacin.....	30 mg.....	150%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	30 mg.....	1500%
Folic Acid.....	400 mcg.....	100%
Vitamin B-12 (as Cyanocobalamin).....	30 mcg.....	500%
Biotin.....	250 mcg.....	83%
Pantothenic Acid (as Calcium d-Pantothenate).....	30 mg.....	300%
Calcium (as Calcium Citrate Malate Complex)	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 Selenium Yeast).....	100 mcg.....	143%
Copper (as Copper Oxide).....	2 mg.....	100%
Manganese (as Manganese Gluconate).....	5 mg.....	250%
Chromium (as Chromium Picolinate).....	50 mcg.....	42%

Damiana Leaf Powder (<i>Turnera aphrodisiaca</i>).....	70 mg.....	*
Korean Ginseng Root Powder (<i>Panax ginseng</i>).....	70 mg.....	*
Oat Straw Powder (<i>Avena sativa</i>).....	70 mg.....	*
Deodorized Garlic Powder (<i>Allium sativa</i>).....	50 mg.....	*
Oyster Extract Complex.....	50 mg.....	*
Saw Palmetto Berries Powder (<i>Serenoa repens</i>)...50 mg.....	50 mg.....	*
L-Cystine.....	50 mg.....	*
Nettle Leaf Powder (<i>Urtica dioica</i>).....	30 mg.....	*
Pumpkin Seed Meal (<i>Cucurbita pepo</i>).....	30 mg.....	*
Citrus Bioflavonoids Complex.....	25 mg.....	*
Choline (as Choline Bitartrate).....	10 mg.....	*
Inositol.....	10 mg.....	*
para-Aminobenzoic Acid.....	10 mg.....	*
L-Methionine.....	10 mg.....	*
alpha-Lipoic Acid.....	5 mg.....	*
Lycopene.....	350 mcg.....	*
Silica (as Silicon Dioxide).....	10 mcg.....	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Imitation Vanilla.

Potencies verified by GNC procedure #5015.
Conforms to USP <2091> for weight.