

⚠ 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.** No Artificial Flavors, Gluten Free. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. For More Information: 1-888-462-2548 GNC.com

GNC

MEGA MEN[®]

ESSENTIALS

Sport

ONE DAILY MULTI

- Features beta-alanine, a high-efficiency muscle pH buffer*
- Packed with B vitamins to support energy production*

60 CAPLETS • 60-DAY SUPPLY DIETARY SUPPLEMENT



* 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.

CODE 211812

IWG-7589

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

Supplement Facts

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Serving Size One Caplet			
Vitamin A (as Retinyl Acetate)	1050 mcg RAE 117%	Magnesium (as Magnesium Oxide)	100 mg 24%
Vitamin C (as Ascorbic Acid)	100 mg 111%	Zinc (as Zinc Oxide)	30 mg 273%
Vitamin D (as Cholecalciferol)	30 mcg 150%	Selenium (as L-Selenomethionine)	120 mcg 218%
Vitamin E	24.3 mg 162%	Copper (as Cupric Oxide)	2 mg 222%
(as d-alpha Tocopheryl Succinate)		Manganese (as Manganese Sulfate)	2 mg 87%
Vitamin K (as Phytionadione)	80 mcg 67%	Chromium (as Chromium Chloride)	200 mcg 571%
Thiamin (Vitamin B-1)	1.65 mg 138%	Molybdenum	75 mcg 167%
(as Thiamin Mononitrate)		(as Sodium Molybdate)	
Riboflavin (Vitamin B-2)	1.87 mg 144%	Chloride (as Potassium Chloride)	72 mg 3%
Niacin (as Niacinamide)	20 mg 125%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg 194%	Caffeine Anhydrous	100 mg *
Folate	410 mcg DFE 103%	CarnoSyn [®] Beta-Alanine	10 mg *
(240 mcg Folic Acid)		Lutein	1 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg ... 1042%	(from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Biotin	300 mcg ... 1000%	Lycopene	1 mg *
Pantothenic Acid (as Calcium D-Pantothenate) ..	16.5 mg 330%	Zeaxanthin (as Zeaxanthin Isomers	200 mcg *
Calcium (as Calcium Carbonate,	200 mg 15%	(from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Dicalcium Phosphate & Calcium D-Pantothenate)		Boron (as Boron Chelate)	150 mcg *
Iodine (as Potassium Iodide)	150 mcg 100%	Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, and Less than 2%: Acacia Gum, Caramel (Color), Choline DL-Bitartrate, Corn Oil, Corn Starch, Glucose Syrup, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Carbonate, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Mixed Tocopherols, Modified Starch, Natural Vanilla Flavor, Polydextrose, Polyethylene Glycol, Rice Flour, Silicon Dioxide, Sodium Ascorbate, Stearic Acid, Stevia Leaf Extract, Sugar, Tocopherols, Tricalcium Phosphate.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA.

Contains a bioengineered food ingredient.