

No Artificial Colors
No Dairy

Conforms to USP <2091>
for weight.

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

SIZE

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

0 48107 06422 8

FPO

MEN'S

GNC

TIMED RELEASE

**MEGA
MEN®**

**DIETARY
SUPPLEMENT**

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

With NutraSeal™ Freshness Coating

200 TABLETS

CODE 492667

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

BRG

Supplement Facts

Serving Size Two Tablets

Serving Per Container 100

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 (as d-alpha Tocopheryl Succinate and Acetate)	100 IU	333%
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	*
Asian 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	*
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 (PABA)	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, Vegetable Acetoglycerides,
Caramel Color, Imitation Vanilla.

Lot No. / Expire Date