

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

Energy

ONE DAILY MULTI

Science-Backed Multivitamin Formula

- Mental & physical performance*
- Energy production*
- Metabolism support*
- Muscle function*

150 CAPLETS • 150-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 758902

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

AXG-6783

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Caplet	
Vitamin A (as Retinyl Acetate).....	1050 mcg RAE..... 117%
Vitamin C (as Ascorbic Acid).....	100 mg..... 111%
Vitamin D (as Cholecalciferol).....	30 mcg..... 150%
Vitamin E (as d-alpha-Tocopheryl Succinate Acid).....	24.3 mg..... 162%
Vitamin K (as Phytonadione).....	80 mcg..... 67%
Thiamin (as Thiamin Mononitrate).....	1.65 mg..... 138%
Riboflavin.....	1.87 mg..... 144%
Niacin (as Niacinamide).....	20 mg..... 125%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	3.3 mg..... 194%
Folate.....	410 mcg DFE..... 103%
	(240 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	25 mcg..... 1042%
Biotin.....	300 mcg..... 1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	16.5 mg..... 330%
Calcium (as Calcium Carbonate,.....	200 mg..... 15%
	Dicalcium Phosphate & Calcium d-Pantothenate)
Amount Per Serving	% Daily Value
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	100 mg..... 24%
Zinc (as Zinc Oxide).....	30 mg..... 273%
Selenium (as Sodium Selenite).....	120 mcg..... 218%
Copper (as Cupric Oxide).....	2 mg..... 222%
Manganese (as Manganese Sulfate).....	2 mg..... 87%
Chromium (as Chromium Chloride).....	200 mcg..... 571%
Molybdenum (as Sodium Molybdate).....	75 mcg..... 167%
Chloride (as Potassium Chloride).....	70 mg..... 3%
Potassium (as Potassium Chloride).....	80 mg..... 2%
Caffeine.....	100 mg..... *
Lycopene.....	1 mg..... *
Lutein (as Marigold [<i>Tagetes erecta</i>] Flower Extract).....	1 mg..... *
Zeaxanthin (as Zeaxanthin Isomers from.....	200 mcg..... *
	Marigold [<i>Tagetes erecta</i>] Flower Extract)
Boron (as Boric Acid).....	150 mcg..... *
Vanadium (as Vanadyl Sulfate).....	10 mcg..... *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose and Less than 2%: Calcium Silicate, Caramel (Color), Choline Bitartrate, Corn Oil, Corn Starch, Croscarmellose Sodium, Ethyl Cellulose, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Mannitol, Mixed Tocopherols, Modified Food Starch, Natural Vanilla Flavor, Polyethylene Glycol, Silicon Dioxide, Sodium Ascorbate, Sodium Sulfate, Stearic Acid, Stevia Leaf Extract, Sugar, Talc, Tricalcium Phosphate.

CONTAINS: Soy.

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

Contains a bioengineered food ingredient.

▲ 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. No Artificial Flavors, Gluten Free.

