

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

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Place UPC Here

**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**

CODE 492666

CGG

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

**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.....	*
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, Vegetable Acetoglycerides, Caramel Color, Imitation Vanilla.

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