

CODE 348922

DIRECTIONS: As a dietary supplement, take contents of one packet daily with food. For maximum benefits, take as directed every day.

Each pack contains:

Mega Men®

Supplement Facts

Serving Size Two Beige Capsles

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU 100%
Vitamin A (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	4000 IU 400%
Vitamin E (as Natural δ-α-Tocopherol Acetate)	1600 IU 100%
Vitamin K (as Phytonadione)	90 mcg 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	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 L-Selenomethionine)	200 mcg 286%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Proprietary Amino Acid Blend	100 mg*
L-Taurine, L-Methionine, L-Glutamine, L-Carnitine	
Superfoods Fruit & Vegetable Blend	105 mg*
Orange Peel Powder, Pumpkin Seed Meal, Saw Palmetto Berry Extract, Acai Fruit Powder, Cranberry Fruit Powder, Blueberry Pomace Powder, Pomegranate Fruit Powder, Broccoli Powder, Spinach Leaves Powder, Elderberry Fruit Powder, Grape Skin Powder, Tomato Powder	
alpha-Lipoic Acid	25 mg*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	40 mg*
Choline (as Choline Bitartrate)	10 mg*
Inositol	10 mg*
Silica (as Silicon Dioxide)	4 mg*
Boron (as Hydrolyzed Protein Chelate)	2 mg*
Lutemax 2020™ Lutein	950 mcg
Lycopene	950 mcg
Zeaxanthin (as Zeaxanthin Isomers)	190 mcg
Astaxanthin	50 mcg
Vanadium (as Sodium Metavanadate)	10 mcg*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

CONTAINS: Fish and Soybeans.
Conforms to USP <2091> for weight.

ACTUAL SIZE

GOG

Heart & Eye Health

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value
Calories	15
Calories from Fat	15
Total Fat	1.5 g 2%†
Total Fish Oil	1500 mg
EPA (Eicosapentaenoic Acid)(Omega-3)	540 mg
DHA (Docosahexaenoic Acid)(Omega-3)	360 mg

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Enteric Coating (Ethylcellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.

ACTUAL SIZE

Brain Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% Ginkgo Flavoglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg)	120 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Vegetable Cellulose Capsule.

Potency verified by GNC procedure #5000.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Muscle Protein Synthesis

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
L-Leucine	500 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Joint Health Herb Blend (Acacia catechu Wood & Bark Extract and <i>Scutellaria baicalensis</i> Root Extract)	250 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Vitality & Prostate Health

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Saw Palmetto Berry Extract (<i>Serenoa repens</i>)(85% Fatty Acids = 272 mg)	320 mg*

* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).

Potency verified by GNC procedure #5123.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

resVida

promotes healthy aging
resVida® is a trademark of DSM.

n-zimes™

and CereCalase® are trademarks of National Enzyme Company.

Lutemax 2020

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

For More Information:
1-888-462-2548

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

WARNING: 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.

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Antioxidant & Circulation

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
alpha-Lipoic Acid	50 mg*
Turmeric Root Extract (<i>Curcuma longa</i>)	50 mg*
resVida™ trans-Resveratrol	60 mg*
Lutemax 2020™ Lutein	10 mg*
Zeaxanthin (as Zeaxanthin Isomers)	2.2 mg*

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Digestive Enzymes

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
n-Zimes™ Proprietary Blend	145.25 mg*
Amylase 3500 DU, Protease 4.5 7500 HUT, Lipase AN 125 FP, Glucoamylase 5.5 AGU, Protease 3.0 7.5 SAPU, Bromelain 150,000 FCCPU, Protease 6.0 1000 HUT, Papain 140,000 FCCPU, Cellulase 50 CU, Malt diastase 62.5 DP	
CereCalase™ Proprietary Blend	5 mg*
Hemicellulase, beta-glucanase, Phytase	

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose, Gelatin.
CONTAINS: Milk, Soybeans and Wheat.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

GNC

MEGA MEN®

Whole Body Vitapak®

Dietary Supplement

VITAPAK® PROGRAM

- Targets 13 critical body functions, our most complete program designed to optimize overall health and wellness*
- 36 clinically studied ingredients provide superior head-to-toe support†
- The power of 11 products in one comprehensive pack‡



30 PACKS



PHYSICIAN ENDORSED*

NEW

AMAZING TOTAL BODY SUPPORT!
SEE SIDE PANEL →

Whole Body

Mega Men® Whole Body

Mega Men® Whole Body Vitapak® Program is our most comprehensive wellness system featuring clinically proven ingredients and targeted proprietary blends designed to address the unique needs of 13 body functions critical to overall health and well-being.*

BRAIN

Features Ginkgo Biloba & Omega-3 Fatty Acids

SKIN

Supplies GLA, Omega-3 Fatty Acids & High-Potency Biotin

DIGESTION

Contains a Complex of Digestive Enzymes

COLON

Includes Vitamin D-3

JOINT

With Clinically Studied Joint Health Blend

BONE

Combines Vitamin D & Calcium

MEN'S WELLNESS

With Powerful Saw Palmetto Extract to Support Prostate Health*



EYE

Provides DHA, beta-Carotene & Clinically Proven Lutein

HEART

With High-Potency Omega-3 Fatty Acids & Lycopene

CIRCULATION

Features Clinically Proven resVida® Resveratrol

CELL PROTECTION

Supplies Turmeric & alpha-Lipoic Acid

IMMUNE

Provides Clinically Studied Multivitamin* with Vitamins C, D & B-6

ENERGY METABOLISM

Combines High-Potency B Vitamins

*GNC Mega Men® is physician endorsed by Frank J. Costa, M.D., an internationally acclaimed urological surgeon, men's health expert and member of the GNC Medical Advisory Board.

†In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

‡Featured 36 clinically studied ingredients include 31 nutrients found in Mega Men® plus 5 additional ingredients. †11 products in one is calculated on the count of the stand-alone products the customer would need to purchase to obtain the ingredients and blends provided in each Vitapak® Program.

* 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.