CODE 209212 HUG

DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.

Each pack contains:

Mega Men® Sport Multivitamin

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg	333%
Vitamin D (as Cholecalciferol D-3)	40 mcg	200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 mg	134%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide & Niacin)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	680 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	200 mg	15%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Sulfate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	120 mcg	343%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Sports Blend	**54.91 mg**	*
Beta-Alanine (as CarnoSyn®)	10 mg	*
Taurine	10 mg	*
Inositol	10 mg	*
MSM (Methylsulfonylmethane)	10 mg	*
L-Carnitine (as L-Carnitine L-Tartrate)	6 mg	*
Silica (as Silicon Dioxide)	4 mg	*
Boron (as Sodium Borate)	2 mg	*
Celery Juice Concentrate (*Apium graveolens*)	1.9 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Super Antioxidant Blend	**28.96 mg**	*
alpha-Lipoic Acid	25 mg	*
Lutemax® 2020 Lutein	2 mg	*
Lycopene	1 mg	*
CurcuWIN® Turmeric Root Extract (*Curcuma longa*)(20% Curcuminoids = 100mcg)	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	*
Astaxanthin (from *Haematococcus pluvialis*)	50 mcg	*
beta-Cryptoxanthin	10 mcg	*
Branched Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine)	**150 mg**	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Cellulose, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Dicalcium Phosphate, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Caramel Color, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener), Talc.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Conforms to USP <2091> for weight.

ACTUAL SIZE

N.O. Support

Supplement Facts

Serving Size One Capsule

Amount Per Serving	
MegaNatural®-BP Grape Seed Extract (*Vitis vinifera*)	300 mg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silica.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Ultra Energy Generator

Supplement Facts

Serving Size One Red Capsule

Amount Per Serving		% Daily Value
Niacin	20 mg	125%
Proprietary Thermogenic Blend Caffeine Anhydrous, Capsimax® Capsicum Fruit Extract (*Capsicum annuum*), Black Pepper Extract (50% Piperine = 5 mg)	243.34 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silica, Titanium Dioxide (Mineral Whitener), Artificial Colors (FD&C Blue #1, FD&C Red #40).

Total caffeine per capsule is 200 mg.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Muscle Recovery & Support

Supplement Facts

Serving Size One White Caplet

Amount Per Serving	
L-Arginine	500 mg*
L-Glutamine	500 mg*
Palmitoylethanolamide	50 mg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropylcellulose, Povidone, Silica, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Ethylcellulose, Triacetin, Carnauba Wax, Diacetylated Monoglycerides, Oleic Acid, Polyethylene Glycol.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

⚠ **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, No Wheat, Gluten Free, No Dairy.

Gf GLUTEN FREE

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

Capsimax® trademark belongs to OmniActive Health Technologies.

Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

CurcuWIN® trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

MegaNatural®-BP and its logo are trademarks of Constellation Brands, Inc.

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a basic multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

GNC

MEGA MEN® Sport

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND^

- Antioxidants • Performance & Energy
- Blood Flow • Recovery

30 PACKS
30-DAY SUPPLY

CLINICALLY STUDIED^

Sport

GNC

MEGA MEN® Sport

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- **Men's Health**
  Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin.^ Helps support colon health.*
- **Antioxidants**
  Helps protect against harmful free radicals that can be produced during your workout.*
- **Performance & Energy**
  Features caffeine and B vitamins for energy support plus additional nutrients to support performance and high intensity training.*
- **Blood Flow**
  Has ingredients to enhance blood vessel dilation.*
- **Recovery**
  Includes ingredients to support muscle recovery and provide a healthy response to inflammation.*

* 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.