

CODE 209212  
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                                                        | 167%     |
|                                                        | (400 mcg Folic Acid)                                               |          |
| 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                                                | 200 mg                                                             | 15%      |
|                                                        | (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate) |          |
| 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%       |
| <b>Sports Blend</b>                                    | <b>54.91 mg</b>                                                    | <b>*</b> |
| 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                                                               | *        |

| Amount Per Serving                                                                  | % Daily Value   |          |
|-------------------------------------------------------------------------------------|-----------------|----------|
| Boron (as Sodium Borate)                                                            | 2 mg            | *        |
| Celery Juice Concentrate ( <i>Apium graveolens</i> )                                | 1.9 mg          | *        |
| Hyaluronic Acid (as Sodium Hyaluronate)                                             | 1 mg            | *        |
| Vanadium (as Sodium Metavanadate)                                                   | 10 mcg          | *        |
| <b>Super Antioxidant Blend</b>                                                      | <b>28.96 mg</b> | <b>*</b> |
| alpha-Lipoic Acid                                                                   | 25 mg           | *        |
| Lutemax® 2020 Lutein                                                                | 2 mg            | *        |
| Lycopene                                                                            | 1 mg            | *        |
| CurcuWIN® Turmeric Root Extract ( <i>Curcuma longa</i> )(20% Curcuminoids = 100mcg) | 500 mcg         | *        |
| Zeaxanthin (as Zeaxanthin Isomers)                                                  | 400 mcg         | *        |
| Astaxanthin (from <i>Haematococcus pluvialis</i> )                                  | 50 mcg          | *        |
| beta-Cryptoxanthin                                                                  | 10 mcg          | *        |
| <b>Branched Chain Amino Acid Blend</b> (L-Leucine, L-Isoleucine, L-Valine)          | <b>150 mg</b>   | <b>*</b> |
| * 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.

### N.O. Support

## Supplement Facts

| Serving Size One Capsule                                     |         |  |
|--------------------------------------------------------------|---------|--|
| Amount Per Serving                                           |         |  |
| MegaNatural®-BP Grape Seed Extract ( <i>Vitis vinifera</i> ) | 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.

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### Ultra Energy Generator

## Supplement Facts

| Serving Size One Red Capsule                                                                                                |                  |          |
|-----------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| Amount Per Serving                                                                                                          | % Daily Value    |          |
| Niacin                                                                                                                      | 20 mg            | 125%     |
| <b>Proprietary Thermogenic Blend</b>                                                                                        | <b>243.34 mg</b> | <b>*</b> |
| Caffeine Anhydrous, Capsimax® Capsicum Fruit Extract ( <i>Capsicum annuum</i> ), Black Pepper Extract (50% Piperine = 5 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.

**⚠ 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.

**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**

\*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.

### Muscle Recovery & Support

## Supplement Facts

| Serving Size One White Caplet  |               |  |
|--------------------------------|---------------|--|
| Amount Per Serving             | % Daily Value |  |
| 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, Diacteylated Monoglycerides, Oleic Acid, Polyethylene Glycol.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.



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CarnoSyn® Carnosine Synthesizer



CurcuWIN® trademark belongs to OmniActive Health Technologies.



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### Dietary Supplement

## VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND^

- Antioxidants • Performance & Energy
- Blood Flow • Recovery



30 PACKS  
30-DAY SUPPLY

CLINICALLY  
STUDIED^

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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.