

⚠ 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. **Contains 100 mg of caffeine.** No Artificial Flavors, Gluten Free. **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

Sport

ONE DAILY MULTI

- Features beta-alanine, a high-efficiency muscle pH buffer*
- Packed with B vitamins to support energy production*

60 CAPLETS • 60-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 211812

IWG-7589

DIRECTIONS: As a dietary supplement, take one caplet daily with food. Do not take near bedtime.

Supplement Facts

Serving Size One Caplet		Amount Per Serving		% Daily Value	
Vitamin A (as Retinyl Acetate)	1050 mcg RAE	117%	Magnesium (as Magnesium Oxide)	100 mg	24%
Vitamin C (as Ascorbic Acid)	100 mg	111%	Zinc (as Zinc Oxide)	30 mg	273%
Vitamin D (as Cholecalciferol)	30 mcg	150%	Selenium (as L-Selenomethionine)	120 mcg	218%
Vitamin E (as d-alpha Tocopheryl Succinate)	24.3 mg	162%	Copper (as Cupric Oxide)	2 mg	222%
Vitamin K (as Phytionadione)	80 mcg	67%	Manganese (as Manganese Sulfate)	2 mg	87%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.65 mg	138%	Chromium (as Chromium Chloride)	200 mcg	571%
Riboflavin (Vitamin B-2)	1.87 mg	144%	Molybdenum (as Sodium Molybdate)	75 mcg	167%
Niacin (as Niacinamide)	20 mg	125%	Chloride (as Potassium Chloride)	72 mg	3%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg	194%	Potassium (as Potassium Chloride)	80 mg	2%
Folate (240 mcg Folic Acid)	410 mcg DFE	103%	Caffeine Anhydrous	100 mg	*
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%	CarnoSyn [®] Beta-Alanine	10 mg	*
Biotin	300 mcg	1000%	Lutein (from Marigold [Tagetes erecta] Flower Extract)	1 mg	*
Pantothenic Acid (as Calcium D-Pantothenate)	16.5 mg	330%	Lycopene	1 mg	*
Calcium (as Calcium Carbonate)	200 mg	15%	Zeaxanthin (as Zeaxanthin Isomers from Marigold [Tagetes erecta] Flower Extract)	200 mcg	*
Dicalcium Phosphate & Calcium D-Pantothenate)			Boron (as Boron Chelate)	150 mcg	*
Iodine (as Potassium Iodide)	150 mcg	100%	Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, and Less than 2%: Acacia Gum, Caramel (Color), Choline DL-Bitartrate, Corn Oil, Corn Starch, Glucose Syrup, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Carbonate, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Mixed Tocopherols, Modified Starch, Natural Vanilla Flavor, Polydextrose, Polyethylene Glycol, Rice Flour, Silicon Dioxide, Sodium Ascorbate, Stearic Acid, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tocopherols, Tricalcium Phosphate.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA.
Contains a bioengineered food ingredient.