

Triple Strength Fish Oil

Supplement Facts

Serving Size One Yellow Softgel

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1.5 g 2%†
Total Omega-3s (as Ethyl Esters)	1065 mg
Total EPA + DHA	1000 mg
EPA (Eicosapentaenoic Acid) Omega-3	734 mg
DHA (Docosahexaenoic Acid) Omega-3	267 mg

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

INGREDIENTS:

Fish Oil, Gelatin, Glycerin, Purified Water, Mixed Tocopherols.

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

ACTUAL SIZE

Prostate Health

Supplement Facts

Serving Size One Off-White Oval Caplet

Amount Per Serving	% Daily Value
beta-Sitosterol (from Sunflower (<i>Helianthus annuus</i>) Seed Oil)	130 mg*
Lycopene	3 mg*

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Dicalcium Phosphate, Hydrogenated Vegetable Oil, Stearic Acid Vegetable Source, Crospovidone, Silicon Dioxide, Croscarmellose Sodium, Magnesium Stearate Vegetable Source, Polyethylene Glycol, Carnauba Wax.

ACTUAL SIZE

No Artificial Flavors.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-877-462-4700

GNC.com

resVida® is a trademark of dsm-firmenich group.

Nutricog® is a trademark of PLT Health Solutions-Laila Nutraceuticals LLC.

TamaFlex® is a registered trademark of NXT USA, Inc., U.S. Patent #11,147,850.

[†]In a randomized, double-blind, placebo-controlled study of 111 healthy participants, those taking the GNC vitamin and mineral blend for six weeks had statistically significant increases in serum levels of a group of B vitamins and a group of antioxidants and carotenoids based on a multivariate statistical analysis when compared to those taking placebo or a basic multivitamin. Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

[†]In a three-month randomized, double-blind, placebo-controlled clinical trial, 87 subjects completed cognitive tests investigating metrics like short-term memory, learning, attention, spatial working memory, and other measures of cognitive function. Those who were consuming Nutricog® showed significant improvements over the placebo (P<0.05) in memory, learning capacity, attention, and overall cognitive function.

[†]In a randomized, double-blind, placebo-controlled study, 90 subjects took TamaFlex® (250 mg/d) or placebo for 8 weeks. Those taking TamaFlex® had statistically significant improvements in measures of joint comfort, stiffness & physical function. Improvements were seen in as early as 5 days.

Blood Flow & Circulation

Supplement Facts

Serving Size One Off-White Filled Capsule

Amount Per Serving	% Daily Value
trans-Resveratrol (as resVida®)	30 mg*

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Gelatin (Bovine and/or Porcine), Stearic Acid Vegetable Source, Silicon Dioxide.

ACTUAL SIZE

Psyllium Seed Husk

Supplement Facts

Serving Size One Beige Filled Capsule

Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g <1%†
Dietary Fiber	<1 g 2%†
Psyllium (<i>Plantago ovata</i>) Seed Husk Powder	500 mg

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

OTHER INGREDIENTS:

Gelatin (Bovine and/or Porcine), Microcrystalline Cellulose, Oat (*Avena sativa*) Bran Powder.

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

ACTUAL SIZE

Joint Health

Supplement Facts

Serving Size One Yellow Filled Capsule

Amount Per Serving	% Daily Value
TamaFlex®	250 mg*
Tamarind (<i>Tamarindus indica</i>) Seed Extract	
Turmeric (<i>Curcuma longa</i>) Rhizome Extract	

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Vegetable Cellulose Capsule, Dicalcium Phosphate, Magnesium Stearate Vegetable Source, Calcium Silicate.

ACTUAL SIZE

8 GNC Products in 1 Complete Pack

Tested for Purity & Potency

- GNC Mega Men® Multivitamin

GNC's best-in-class, high-potency multivitamin is clinically shown to:**

• Help you feel better*

• Work better than a basic multivitamin*

• Boost levels of key B vitamins, essential for energy production*

• Increase levels of immune-supporting nutrients*
- Prostate Health

Supports normal prostate function with beta-sitosterol and lycopene.*
- Joint Health

Clinically studied TamaFlex® is proven to help your joints move and feel better, with results in as little as 5 days.*†
- Muscle Support

Provides leucine, the key BCAA that signals muscle protein synthesis.*
- Blood Flow & Circulation

Supports blood vessel dilation and blood flow with resVida® resveratrol.*
- Triple Strength Fish Oil

Provides whole body benefits including joint, skin, heart, brain, and eye health with high-potency, purified omega-3 fatty acids.*
- Psyllium Seed Husk

Supports overall digestive health with a natural source of fiber.*

* 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.



New: Improved Cognitive Support & Prostate Health*

GNC
MEGA
MEN®



Whole Body
VITAPAK® PROGRAM

8 GNC Products in 1 Complete Pack

- GNC's most comprehensive Vitapak® Program for men*
- Supports cognitive function, prostate, muscle, joints, circulation & more*



DIETARY SUPPLEMENT

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30 PACKS/30-DAY SUPPLY

CODE 221333

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

Each pack contains:

Mega Men® Multivitamin

Supplement Facts

Serving Size Two Beige Caplets

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Retinyl Acetate)	167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 333%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%
Vitamin E (as 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 (Folic Acid 400 mcg)	680 mcg DFE 170%
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, Dicalcium Phosphate & Calcium Ascorbate)	200 mg 15%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	130 mg 31%
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%
alpha-Lipoic Acid	25 mg *
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Saw Palmetto (<i>Serenoa repens</i>) Berries Extract	3 mg *
Pumpkin (<i>Cucurbita spp.</i>) Seed Powder	3 mg *
Boron (as Sodium Borate)	2 mg *
Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract)	2 mg *
Lycopene	1 mg *
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	50 mcg *
Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

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

Distributed by: GNC Holdings, LLC
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

▲ 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.

Cognition & Focus

Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving	% Daily Value
Nutricog®	300 mg*
Terminalia chebula Fruit Extract	
Boswellia serrata Gum Resin Extract	

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Gelatin (Bovine and/or Porcine), Silicon Dioxide, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

Muscle Support

Supplement Facts

Serving Size One White Capsule

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

* Daily Value not established.

OTHER INGREDIENTS:

Cellulose, Gelatin (Bovine and/or Porcine), Magnesium Stearate Vegetable Source.

ACTUAL SIZE