

CODE 328411
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
Each pack contains:
Mega Men® 50 Plus

Supplement Facts

Serving Size Two Beige Caplets	
Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 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%
Saw Palmetto Berries Extract (<i>Serenoa repens</i>)	160 mg *
L-Arginine	100 mg *
Healthy Aging Free Radical Protection Blend	70 mg *
alpha-Lipoic Acid, Green Tea Leaf Extract, Bilberry Fruit Powder, Elderberry Fruit Powder, Black Currant Fruit Powder, Blueberry Fruit Powder, Resveratrol	
Memory Health Blend	20 mg *
Choline (as Choline Bitartrate), Phosphatidylserine	
Inositol	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutemax 2020™ Lutein	950 mcg *

Amount Per Serving	% Daily Value
Lycopene	950 mcg *
Zeaxanthin	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.

CardioAid™ Phytosterols

Supplement Facts

Serving Size One White Caplet	
Amount Per Serving	
CardioAid™ Phytosterols	800 mg *

* Daily Value not established.

Other Ingredients: Calcium Carbonate, Cellulose, Corn Starch, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

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

Saw Palmetto Formula

Supplement Facts

Serving Size One Dark Brown Softgel Capsule	
Amount Per Serving	
Saw Palmetto Berries Extract (<i>Serenoa repens</i>)	160 mg *
(85% Fatty Acids = 136 mg)(0.2% Sterols = 0.32 mg)	

* Daily Value not established.

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

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

CMG

Fish Oil with CoQ-10

Supplement Facts

Serving Size One Green Softgel Capsule	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
Vitamin A (as Natural d-alpha Tocopherol)	50 IU 167%
EPA (Eicosapentaenoic Acid)(Omega-3)	360 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	240 mg *
Coenzyme Q-10 (Natural)	100 mg *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Soybean Oil, Chlorophyll, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

Potency of Coenzyme Q-10 verified by GNC procedure #5012. Conforms to USP <2091> for weight.



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KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information: 1-888-462-2548

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2X MORE D-3†



MEGA MEN® 50 Plus

Dietary Supplement

VITAPAK® PROGRAM FOR MEN OVER 50

- Clinically studied multivitamin^ with 1,600 IU of vitamin D-3
- Supports memory retention and brain health*
- Lowers LDL (bad) cholesterol with phytosterols*
- Promotes prostate health with saw palmetto*



30 PACKS



CLINICALLY STUDIED^



Dr. Frank J. Costa, M.D., an internationally acclaimed urological surgeon and men's health expert, is part of the GNC Medical Advisory Board.

One of "America's Top Physicians," Dr. Costa lectures nationally and internationally on men's health topics. Dr. Costa is regularly featured in television, radio and newspaper interviews and has published articles in both professional journals and popular magazines.

"Mega Men® 50 Plus Vitapak® is the smart choice for healthy aging. This program includes a specially balanced multivitamin, prostate and memory formulas, heart health and vision support ingredients and extra antioxidant protection. Everything a man over 50 needs to ensure optimal nutritional support."

MEGA MEN® 50 PLUS

Mega Men 50® Plus Vitapak® Program is a scientifically designed, healthy aging program that conveniently combines specialty formulas to support men's overall nutritional needs.

- **Mega Men® 50 Plus** – Our premium, clinically studied* multivitamin scientifically designed to include nutrients that support overall healthy aging. It contains 1,600 IU of vitamin D-3 for colon and immune support and includes a memory health blend to promote a healthy nervous system and support memory function.* This timed-release formula includes B-vitamins that are essential for energy production; a prostate blend of saw palmetto, lycopene and selenium to support optimal prostate health; and antioxidants for protection from free radicals that can destroy healthy cells.*
- **Fish Oil with CoQ-10** – Packed with 100 mg of CoQ-10 to help produce cellular energy, healthy heart and blood vessel function and 600 mg of total omega-3 fatty acids to help support heart health. Fish oil helps maintain healthy cholesterol and blood pressure levels and supports joint, brain and skin health.*
- **CardioAid™ Phytosterols** – Natural compounds found in fruits, vegetables and whole grains that help block cholesterol absorption. Phytosterols are clinically shown to reduce cholesterol and may reduce the risk of heart disease.* Each daily serving provides the clinically studied dose of 800 mg of CardioAid™ Phytosterols.
- **Saw Palmetto Formula** – Features saw palmetto extract to support healthy prostate function and health and a normal urinary flow.*
- **Memorall®** – Combines special ingredients that may support healthy brain function and memory retention.* Features ginkgo biloba that helps support increased blood flow to the brain, huperzine A that helps prevent the breakdown of key neurotransmitters in the brain, and DHA, an important omega-3 fatty acid which is a key structural fatty acid in the brain.*

*Scientific research shows that 400 mg per serving of free phytosterols taken twice a day with meals for a daily total of at least 800 mg, as part of a healthy diet low in saturated fat and cholesterol may reduce the risk of heart disease. Each daily serving supplies 800 mg of CardioAid™ phytosterols.

^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.

* 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.