

WARNING: 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. Lutemax® 2020 is a trademark of OmniActive Health Technologies. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. **For More Information:** 1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* 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.



GNC

MEGA MEN® 50 Plus ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

- Features lycopene & saw palmetto to support prostate function*
- Includes support for heart, brain & eye health*

60 CAPLETS

CODE 179522

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	3500 IU70%
Vitamin C (as Ascorbic Acid)	150 mg250%
Vitamin D (Cholecalciferol D-3)	1200 IU300%
Vitamin E	60 IU200%
(as Natural d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytonadione)	60 mcg75%
Thiamin	4.95 mg330%
(Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2)	3.74 mg220%
Niacin (as Niacinamide)	22 mg110%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6.6 mg330%
Folic Acid	600 mcg150%
Vitamin B-12 (as Cyanocobalamin)	110 mcg1833%
Biotin	300 mcg100%
Pantothenic Acid	16.5 mg165%
(as Calcium d-Pantothenate)	
Calcium	250 mg25%
(as Calcium Carbonate & Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate)	15 mg2%
Iodine (as Potassium Iodide)	150 mcg100%
Magnesium (as Magnesium Oxide)	125 mg31%
Zinc (as Zinc Oxide)	30 mg200%
Selenium (as Sodium Selenite)	120 mcg171%
Copper (as Cupric Oxide)	2 mg100%

Amount Per Serving	% Daily Value
Manganese (as Manganese Sulfate)	2 mg100%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg167%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg100%
Chloride (as Potassium Chloride)	72 mg2%
Potassium (as Potassium Chloride)	80 mg2%

Brain Health Blend

Ginkgo biloba Leaf Extract	10 mg*
Phosphatidylserine	2.5 mg*
Choline (as Choline Bitartrate)	2.5 mg*
Inositol	2.5 mg*

Eye Health & Free Radical Protection Blend

Lutemax® 2020 Lutein	1 mg*
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg*

Prostate Health Blend

Pumpkin Seed Meal	5 mg*
(Cucurbita pepo/maxima)	
Saw Palmetto Berry Extract	5 mg*
(Serenoa repens)	
Lycopene	600 mcg*

Men's Health & Mineral Blend

Silica (as Silicon Dioxide)	2 mg*
Boron (as Hydrolyzed Protein Chelate)	150 mcg*
Tin (as Stannous Chloride)	10 mcg*
Vanadium (as Vanadyl Sulfate)	10 mcg*
Nickel (as Nickel Sulfate)	5 mcg*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Caramel Color, Ethyl Vanillin.