

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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

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

* 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
60-DAY SUPPLY**

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).....	1050 mcg.....117%
Vitamin C (as Ascorbic Acid).....	150 mg.....167%
Vitamin D (as Cholecalciferol D-3).....	30 mcg.....150%
Vitamin E.....	49.6 mg.....331%
(as d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytonadione).....	60 mcg.....50%
Thiamin (Vitamin B-1).....	4.95 mg.....413%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3.74 mg.....288%
Niacin (as Niacinamide).....	22 mg.....138%
Vitamin B-6.....	6.6 mg.....388%
(as Pyridoxine Hydrochloride)	
Folate.....	1000 mcg DFE.....250%
(600 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	110 mcg.....4583%
Biotin.....	300 mcg.....1000%
Pantothenic Acid.....	16.5 mg.....330%
(as Calcium d-Pantothenate)	
Choline (as Choline Bitartrate).....	2.5 mg.....<1%
Calcium.....	250 mg.....19%
(as Calcium Carbonate & Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate).....	15 mg.....1%
Iodine (as Potassium Iodide).....	150 mcg.....100%
Magnesium (as Magnesium Oxide).....	125 mg.....30%

Amount Per Serving	% Daily Value
Zinc (as Zinc Oxide).....	30 mg.....273%
Selenium (as Sodium Selenite).....	120 mcg.....218%
Copper (as Cupric Oxide).....	2 mg.....222%
Manganese (as Manganese Sulfate).....	2 mg.....87%
Chromium.....	200 mcg.....571%
(as Hydrolyzed Protein Chelate)	
Molybdenum.....	75 mcg.....167%
(as Hydrolyzed Protein Chelate)	
Chloride (as Potassium Chloride).....	72 mg.....3%
Potassium (as Potassium Chloride).....	80 mg.....2%
<i>Ginkgo biloba</i> Leaf Extract.....	10 mg.....*
Pumpkin Seed Meal.....	5 mg.....*
(<i>Cucurbita pepo/maxima</i>)	
Saw Palmetto Berry Extract.....	5 mg.....*
(<i>Serenoa repens</i>)	
Phosphatidyl Serine.....	2.5 mg.....*
Inositol.....	2.5 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*
Lutemax [®] 2020 Lutein.....	1 mg.....*
Lycopene.....	600 mcg.....*
Zeaxanthin.....	200 mcg.....*
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, Carnauba Wax, Ethyl Vanillin.

EUG