

⚠ 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.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

*See carton for related information.



GNC

MEGA

MEN[®]

50 Plus

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND[^]

Timed-Release
60 CAPLETS
30-DAY SUPPLY



**CLINICALLY
STUDIED[^]**

CODE 201612

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A.....	1500 mcg..... 167%
(50% as beta-Carotene & 50% Retinyl Acetate)	
Vitamin C.....	300 mg..... 333%
(as Ascorbic Acid & Calcium Ascorbate)	
Vitamin D (as Cholecalciferol D-3).....	40 mcg..... 200%
Vitamin E.....	20.1 mg..... 134%
(as Natural d-alpha Tocopheryl Acetate)	
Vitamin K (as Phytonadione).....	80 mcg..... 67%
Thiamin (Vitamin B-1).....	50 mg..... 4167%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	50 mg..... 3846%
Niacin (as Niacinamide & Niacin).....	50 mg..... 313%
Vitamin B-6.....	50 mg..... 2941%
(as Pyridoxine Hydrochloride)	
Folate.....	680 mcg DFE..... 170%
(Folic Acid 400 mcg)	
Vitamin B-12.....	50 mcg..... 2083%
(as Cyanocobalamin)	
Biotin.....	300 mcg..... 1000%
Pantothenic Acid.....	50 mg..... 1000%
(as Calcium d-Pantothenate)	

Amount Per Serving	% Daily Value
Choline (as Choline Bitartrate).....	10 mg..... 2%
Calcium (as Calcium Carbonate,	200 mg..... 15%
Calcium d-Pantothenate & Calcium Ascorbate)	
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium.....	100 mg..... 24%
(as Magnesium Oxide)	
Zinc (as Zinc Oxide).....	25 mg..... 227%
Selenium.....	200 mcg..... 364%
(as L-Selenomethionine)	
Copper (as Copper Sulfate).....	2 mg..... 222%
Manganese (as Manganese Sulfate) ..	2 mg..... 87%
Chromium.....	120 mcg..... 343%
(as Chromium Chloride)	
Molybdenum.....	75 mcg..... 167%
(as Sodium Molybdate)	
Prostate Health Blend.....	267.01 mg..... *
Saw Palmetto Berries Extract	130 mg..... *
(Serenoa repens)	
L-Arginine.....	100 mg..... *
Nettle Leaf Powder.....	20mg..... *
(Urtica dioica)	
Pumpkin Seed Powder.....	10 mg..... *
(Cucurbita pepo)	

Amount Per Serving	% Daily Value
Silica (as Silicon Dioxide).....	4 mg..... *
Boron (as Sodium Borate).....	2 mg..... *
Resveratrol.....	1 mg..... *
Vanadium (as Sodium Metavanadate) 10 mcg.....	*
Super Antioxidant Blend.....	28.96 mg..... *
alpha-Lipoic Acid.....	25 mg..... *
Lutemax [®] 2020 Lutein.....	2 mg..... *
Lycopene.....	1 mg..... *
CurcuWIN [®] Turmeric Root Extract ..	500 mcg..... *
(Curcuma longa)(20% Curcuminoids = 100 mcg)	
Zeaxanthin (as Zeaxanthin Isomers).....	400 mcg..... *
Astaxanthin.....	50 mcg..... *
(from Haematococcus pluvialis)	
beta-Cryptoxanthin.....	10 mcg..... *
Brain Health Blend.....	21 mg..... *
Inositol.....	10 mg..... *
Ginkgo biloba Leaf Powder.....	7.5 mg..... *
Bacopa monnieri Leaf Extract.....	1.5 mg..... *
Phosphatidylserine.....	1 mg..... *
Grape Seed Extract.....	1 mg..... *
(Vitis vinifera)(86% Polyphenols = 0.86 mg)	
* Daily Value not established.	

OTHER INGREDIENTS: Microcrystalline Cellulose, Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Calcium Silicate, Natural Vanilla Mint Flavor, Stevia Leaf Extract, Titanium Dioxide (Mineral Whitener), Caramel Color, Polyethylene Glycol, Talc.

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

Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA

KUG