

Conforms to USP <2091> for weight.
No Artificial Flavors, No Wheat, Gluten Free,
No Dairy.

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.

CurcuWIN® and Lutemax® 2020
trademarks belong to OmniActive
Health Technologies.

* 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

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN BLEND^

- Antioxidants*
- Heart Health*
- Prostate & Circulatory Support*

Timed-Release
120 CAPLETS
60-DAY SUPPLY



CLINICALLY
STUDIED^

CODE 201622

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate) ...	1500 mcg 167%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate).....	300 mg 333%
Vitamin D (as Cholecalciferol D-3).....	40 mcg 200%
Vitamin E (as Natural d-alpha Tocopheryl Acetate).....	20.1 mcg 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	680 mcg DFE 170%
(400 mcg Folic Acid)	
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	200 mg 15%
(as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	
Iodine (as Potassium Iodide).....	150 mcg 100%
Magnesium (as Magnesium Oxide).....	100 mg 24%
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%

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

⚠ 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.

Amount Per Serving	% Daily Value
Chromium (as Chromium Chloride)	120 mcg ...343%
Molybdenum (as Sodium Molybdate)	75 mcg ...167%
Prostate Health Blend.....	
267.01 mg	
Saw Palmetto Berries Extract (<i>Serenoa repens</i>).....	130 mg
L-Arginine.....	100 mg
Nettle Leaf Powder (<i>Urtica dioica</i>)	20 mg
Pumpkin Seed Powder (<i>Cucurbita pepo</i>)	10 mg
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 (from <i>Haematococcus pluvialis</i>)	50 mcg
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 (<i>Vitis vinifera</i>)(86% Polyphenols = 0.86 mg).....	1 mg

* Daily Value not established.