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

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.

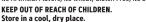
Gf

GLUTEN

FREE

Conforms to USP <2091> for weight.

No Artificial Flavors, No Wheat, Gluten Free, No Dairy,





1-888-462-2548 GNC.com



In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.





Multivitamin

50 PLUS

Make 50 fabulous.

Add this multivitamin to your regimen to help support your healthy lifestyle.*



Features vitamin D plus calcium and magnesium for healthy bones*

Memory Support Includes choline to support memory function and ginkgo biloba for mental sharpness*

Skin Health Includes hyaluronic acid to support skin repair*

Antioxidants

Help protect against free radicals that can destroy healthy cells and promote the cell-aging process*

* 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.



Multivitamin

50 PLUS

Specially formulated for women 50 & older Clinically proven to make you feel better[^] Timed-Release



DIETARY SUPPLEMENT

120 CAPLETS/60-DAY SUPPLY

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

	% Daily Value	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	1500 mcg	1679
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	200 mg	2229
Vitamin D (as Cholecalciferol)	40 mcg	2009
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	20.1 mg	1349
Vitamin K (as Phytonadione)	80 mcg	679
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg	41679
Riboflavin (Vitamin B-2)	50 mg	38469
Niacin (as Niacinamide & Niacin)	50 mg	3135
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	29419
Folate	680 mcg	1709
	(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083
Biotin	300 mcg	10009
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	10009
Choline (as Choline Bitartrate)	10 mg	25
Calcium (as Calcium Carbonate, Calcium d-Pantothenate & Calcium Ascorbate)	500 mg	389
lodine (as Potassium Iodide)	150 mcg	1009
Magnesium (as Magnesium Oxide)	50 mg	125
Zinc (as Zinc Oxide)	15 mg	1365
Selenium (as L-Selenomethionine)	200 mcg	3649
Copper (as Copper Sulfate)	2 mg	2229
Manganese (as Manganese Sulfate)	2 mg	875
Chromium (as Chromium Chloride)	120 mcg	3439
Molybdenum (as Sodium Molybdate)	75 mcg	1679
Super Antioxidant Blend alpha-Lipoic Acid	28.96 mg 25 mg	
Lutemax® 2020 Lutein	25 mg	-
Lycopene	2 mg	-
CurcuWIN® Turmeric Root Extract (Curcuma longa)(20% Curcuminoids = 100 mcg)	rilly	
	EUU wea	
	500 mcg	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from <i>Haematococcus pluvialis</i>)	400 mcg 50 mcg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Hoematococcus pluvialis) beta-Cryptoxanthin	400 mcg 50 mcg 10 mcg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Reemalococcus pluvialis) beta-Cryptoxanthin Brain Support Blend	400 mcg 50 mcg 10 mcg 22.01 mg	,
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from <i>Haemalococcus pluvialis</i>) beta-Cryptoxanthin Brain Support Blend Inositol	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg	,
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maemotococcus pluvialis) beta-Cryptoxanthin Brain Support Bland Innoid Ginkgo bilobol Leaf Powder	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Raemalococcus pluvialis) Beta-Cryptoxanthin Brain Support Blend Inositol Giniquo biloba Leaf Powder Bacopa momineri Extract (Whole Plant)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg	,
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from <i>Ineemalococcus pluvialis</i>) beta-Cryptoxanthin Brain Support Blend Inositol Ginkgo bilobo Leaf Powder Bacopa monnierir Ettract (Whole Plant) Boron (as Sodium Borate)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Meemotococcus pluviolis) beta-Cryptoxanthin Brain Support Blend Inositol Giniquo bilobot Leaf Powder Bocopa momieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserine	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg 1 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maematococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Inositol Giniqo biliobol Leaf Powder Baccopa monnieri Extract (Whole Plant) Boron (as Sodium Borate) Prosphatidylserine Vanadium (as Sodium Metavanadate)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Homemotococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Innoistiel Ginigo bilobo Leaf Powder Bocopa monieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg 1 mg	,
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maematococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Inositol Giniqo biliobol Leaf Powder Baccopa monnieri Extract (Whole Plant) Boron (as Sodium Borate) Prosphatidylserine Vanadium (as Sodium Metavanadate)	400 mg 50 mg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg 1 mg 1 mg 1 mg	,
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Homemotococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Innoistiel Ginigo bilobo Leaf Powder Bocopa monieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex	400 mg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg 1 mg 1 mg 2	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Meemotococcus pluviolis) beta-Tryptoxanthin Brain Support Blend Inositol Giniquo Bilobol Leaf Powder Bacopa momieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex Silica (as Silicon Dioxide)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 2 mg 10 mg 5 mg 4 mg 2 mg 1 mg 10 mcg 2 mg 4 mg 4 mg 4 mg 4 mg 7 mg 7 mg 7 mg 8 mg 7 mg 8 mg 8 mg 9	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maematococcus pluvialis) Beta-Cryptoxanthin Brain Support Blend Inositol Giniquo bilabda Leaf Powder Baccapa monnieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserrine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex Silica (as Silicon Dioxide) Black Currant Fruit Extract (Whole silgrum)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 1 mg 1 mg 10 mcg 2 mg 4 mg 2 mg 10 mcg 20.5 mg 4 mg 2.5 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Haemotococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Innoistol Giinigo bilobot Leaf Powder Bocopa monieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserine Vanadium (as Sodium Metavanadate) Vanadium (as Sodium Teruit Extract (Fübes nigrum) Blueberry Fruit Powder (Voccinium spp)	400 mcg 50 mcg 10 mcg 2201 mg 10 mg 5 mg 4 mg 2 mg 10 mg 2 mg 4 mg 2 mg 2 mg 2 mg 2 5 mg 4 mg 2 0.5 mg 4 mg 2 0.5 mg 2 5 mg 2 5 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maemotococcus pluviolis) beta-Cryptoxanthin Brain Support Blend Inicistol Giniqa Diilabot Leaf Powder Bocopa momieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphalidylserine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex Slicia (as Silicio Iboxide) Black Currant Fruit Extract (Vicionium papo) Cranberry Fruit Powder (Vicinium appo) Cranberry Fruit Concentrate (Vicinium appo) Cranberry Fruit Concentrate (Vicinium oppo)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mg 5 mg 4 mg 2 mg 10 mcg 2 mg 4 mg 2 mg 10 mcg 2 mg 10 mcg 2.5 mg 2.5 mg 2.5 mg 2.5 mg 2.5 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Maematococcus pluvialis) Beta-Cryptoxanthin Brain Support Blend Inositol Giniqo bilabda Leaf Powder Baccapa monnieri Extract (Whole Plant) Boron (as Sodium Borate) Phosphatidylserrine Vanadium (as Sodium Metavanadate) Eye & Skin Health Complex Silica (as Silicon Dioxide) Black Currant Fruit Extract (Whole singrum) Blueberry Fruit Powder (Vaccinium spp.) Cranberry Fruit Concentrate (Vaccinium spp.) Cranberry Fruit Concentrate (Vaccinium spp.) Cranberry Fruit Powder (Vaccinium spp.) Cranberry Fruit Concentrate (Vaccinium spp.) Cranberry Fruit Powder (Vaccinium spp.) Cranberry Fruit Concentrate (Vaccinium spp.) Cranberry Fruit Powder (Vaccinium spp.)	400 mcg 50 mcg 10 ncg 22.01 mg 10 mg 5 mg 4 mg 2 mg 10 mcg 2.55 mg	
Zeaxanthin (as Zeaxanthin Isomers) Astaxanthin (from Haematococcus pluvialis) beta-Cryptoxanthin Brain Support Blend Imostol Giinkgo bilobo Leaf Powder Bocopa monieri Extract (Whole Plant) Bocopa monieri Extract (Whole Plant) Bocopa monieri Extract (Whole Plant) Broon (as Sodium Borate) Phosphatidylserine Vanadium (as Sodium Metavanadate) Fyea Skin Heath Complex Silica (as Silicon Dioxide) Black Currant Fruit Extract (Bibes nigrum) Blueberry Fruit Powder (Voccinium spp) Cranberry Fruit Concentrate (Voccinium morcocorpon) Biliberry Fruit Powder (Voccinium myntillus) Elderberry Fruit Powder (Voccinium myntillus)	400 mcg 50 mcg 10 mcg 22.01 mg 10 mcg 4 mg 4 mg 1 mg 10 mcg 2 mg 1 mg 10 mcg 2.5 mg	,