

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

# Supplement Facts

| Amount Per Serving                                                             | % Daily Value        |
|--------------------------------------------------------------------------------|----------------------|
| Serving Size Two Caplets<br>Servings Per Container 30                          |                      |
| Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)                         | 1500 mcg.....167%    |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate)                               | 200 mg.....222%      |
| Vitamin D (as Cholecalciferol D-3)                                             | 40 mcg.....200%      |
| Vitamin E (as Natural d-alpha Tocopheryl Acetate)                              | 20.1 mg.....134%     |
| Vitamin K (as Phytanadione)                                                    | 80 mcg.....67%       |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate)                                  | 50 mg.....416%       |
| Riboflavin (Vitamin B-2)                                                       | 50 mg.....384%       |
| 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 (as Calcium Carbonate, Calcium d-Pantothenate and Calcium Ascorbate)   | 500 mg.....38%       |
| Iodine (as Potassium Iodide)                                                   | 150 mcg.....100%     |
| Magnesium (as Magnesium Oxide)                                                 | 50 mg.....12%        |
| Zinc (as Zinc Oxide)                                                           | 15 mg.....136%       |
| Selenium (as L-Selenomethionine)                                               | 200 mcg.....364%     |
| Copper (as Copper Sulfate)                                                     | 2 mg.....222%        |
| Manganese (as Manganese Sulfate)                                               | 2 mg.....87%         |
| Chromium (as Chromium Chloride)                                                | 120 mcg.....343%     |
| Molybdenum (as Sodium Molybdate)                                               | 75 mcg.....167%      |
| <b>Super Antioxidant Blend</b>                                                 | <b>28.96 mg</b>      |
| alpha-Lipoic Acid                                                              | 25 mg                |
| Lutemax® 2020 Lutein                                                           | 2 mg                 |
| Lycopene                                                                       | 1 mg                 |
| CurcuWIN® Turmeric Root Extract<br>(Curcuma longa)(20% Curcuminoids = 100 mcg) | 500 mcg              |
| Zeaxanthin (as Zeaxanthin Isomers)                                             | 400 mcg              |
| Astaxanthin (from Haematococcus pluvialis)                                     | 50 mcg               |
| beta-Cryptoxanthin                                                             | 10 mcg               |
| <b>Brain Support Blend</b>                                                     | <b>22.01 mg</b>      |
| Inositol                                                                       | 10 mg                |
| Ginkgo biloba Leaf Powder                                                      | 5 mg                 |
| Bacopa monnieri Extract (Whole Plant)                                          | 4 mg                 |
| Boron (as Sodium Borate)                                                       | 2 mg                 |
| Phosphatidylserine                                                             | 1 mg                 |
| Vanadium (as Sodium Metavanadate)                                              | 10 mcg               |
| <b>Eye &amp; Skin Health Complex</b>                                           | <b>20.5 mg</b>       |
| Silica (as Silicon Dioxide)                                                    | 4 mg                 |
| Black Currant Fruit Extract (Ribes nigrum)                                     | 2.5 mg               |
| Blueberry Fruit Powder (Vaccinium spp.)                                        | 2.5 mg               |
| Cranberry Fruit Concentrate (Vaccinium macrocarpon)                            | 2.5 mg               |
| Bilberry Fruit Powder (Vaccinium myrtillus)                                    | 2.5 mg               |
| Elderberry Fruit Powder (Sambucus nigra)                                       | 2.5 mg               |
| Hyaluronic Acid (as Sodium Hyaluronate)                                        | 2 mg                 |
| Resveratrol                                                                    | 1 mg                 |
| Grape Seed Extract (Vitis vinifera)(86% Polyphenols = 0.86 mg)                 | 1 mg                 |

\* Daily Value not established.

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# Multivitamin

50 PLUS

Make 50 fabulous.

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

## ✓ Bone Health

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

60 CAPLETS/30-DAY SUPPLY

**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.

Conforms to USP <209> 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  
GNC.com

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\*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 8 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.

