**High Potency EPA & DHA**

## Supplement Facts

Serving Size One Yellow Softgel

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories | 10 | |
| Total Fat | 1 g | 2%† |
| Total Omega-3s | 943 mg | * |
| EPA (Eicosapentaenoic Acid) Omega-3 | 700 mg | * |
| DHA (Docosahexaenoic Acid) Omega-3 | 100 mg | * |
| Other Omega-3s | 143 mg | * |

† Percent Daily Value are based on a 2,000 calorie diet.
* Daily Value not established.

**OTHER INGREDIENTS:** Fish Body Oil, Gelatin, Glycerin, Purified Water, Mixed Tocopherols.
**CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

ACTUAL SIZE

**Mental Sharpness Support**

## Supplement Facts

Serving Size One Tan Filled Capsule

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calcium | 55 mg | 4% |
| *Ginkgo biloba* Leaf Extract (24% Ginkgo Flavonglycosides = 28.8 mg)(6% Terpene Lactones = 7.2 mg) | 120 mg | * |

* Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Vegetable Cellulose Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source.

ACTUAL SIZE

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

**For More Information:**
**1-888-462-2548**
**GNC.com**

**Healthy Aging Antioxidant Support**

## Supplement Facts

Serving Size One Yellow Filled Capsule

| Amount Per Serving | |
|---|---|
| Coenzyme Q-10 | 100 mg* |
| Green Tea (*Camellia sinensis*) Leaf Extract (14% Polyphenols = 3.75 mg) | 25 mg* |
| Turmeric (*Curcuma longa*) Rhizome Extract (20% Curcuminoids = 2 mg) | 10 mg* |
| Chios Mastiha (*Pistacia lentiscus*) Shrub Powder Extract | 10 mg* |
| trans-Resveratrol | 30 mg* |
| Lutein (from Marigold [*Tagetes erecta*] Flower Extract) | 2 mg* |
| Zeaxanthin (as Zeaxanthin isomers) | 400 mcg* |

* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Gelatin, Corn Starch, Talc, Hydroxypropyl Methylcellulose, Magnesium Stearate Vegetable Source, Modified Starch, Sugar, Silicon Dioxide, Maltodextrin, dl-alpha Tocopherol, Sodium Ascorbate, Sodium Lauryl Sulfate, Povidone, Mixed Tocopherols.

ACTUAL SIZE

**⚠ 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. This product contains EGCG from green tea.

No Artificial Flavors, Gluten Free.

GLUTEN FREE

CurcuWIN® trademark belongs to OmniActive Health Technologies.

Lutemax® 2020 is a trademark of OmniActive Health Technologies.

resVida® is a trademark of DSM.

‡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 basic 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.

•A double-blind, placebo-controlled, crossover study of 29 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling to exhaustion at 80% VO2 shows that these individuals were able to increase performance measured by time to exhaustion nearly 5 minutes longer than when taking placebo.

GNC

# MEGA MEN® 50 Plus

Achieve your daily nutritional goals with customized ingredients plus a multivitamin with more than 30 clinically studied ingredients.

- **Men's Health**
  Contains a clinically studied multivitamin blend shown to work better than a basic multivitamin.‡
- **Antioxidants**
  Helps protect against harmful free radicals that can destroy healthy cells and promote the cell aging process.*
- **Heart Health**
  Has EPA, which is important for cardiovascular and circulatory health and may help to maintain cholesterol and triglyceride levels that are within the normal range. Plus it contains clinically studied resVida® resveratrol to enhance blood vessel dilation.•
- **Prostate Health**
  Features saw palmetto to support normal prostate function and lycopene, which may support prostate health.*
- **Mental Sharpness**
  Has ginkgo biloba, which supports mental sharpness.*

* 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

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN BLEND^

• Antioxidants • Heart Health*
• Prostate Health* • Mental Sharpness*

30 PACKS
30-DAY SUPPLY

CLINICALLY STUDIED^

50 Plus

* 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.

CODE 219712 KVG

**DIRECTIONS:** As a dietary supplement, take the contents of one pack daily with food.
**Each pack contains:**

**Mega Men® 50 Plus Multivitamin**

## Supplement Facts

Serving Size Two Beige Caplets

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate) | 1500 mcg RAE | 167% |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate) | 300 mg | 333% |
| Vitamin D (as Cholecalciferol) | 40 mcg | 200% |
| Vitamin E (as d-alpha Tocopheryl Acetate) | 20.1 mg | 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 (400 mg Folic Acid) | 170% |
| 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 & Calcium Ascorbate) | 200 mg | 15% |
| 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 Cupric 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% |
| Saw Palmetto (*Serenoa repens*) Berry Powder Extract | 130 mg | * |
| L-Arginine (as L-Arginine Hydrochloride) | 100 mg | * |
| alpha-Lipoic Acid | 25 mg | * |
| Inositol | 10 mg | * |
| Pumpkin (*Cucurbita spp.*) Seed Powder | 10 mg | * |
| *Ginkgo biloba* Leaf Powder | 7.5 mg | * |
| Silica (as Silicon Dioxide) | 4 mg | * |
| Boron (as Sodium Borate) | 2 mg | * |
| Lutein (from Marigold [*Tagetes erecta*] Flower Extract) | 2 mg | * |
| *Bacopa monnieri* Leaf Extract | 1.5 mg | * |
| Grape (*Vitis vinifera*) Seed Extract | 1 mg | * |
| Resveratrol | 1 mg | * |
| Lycopene | 1 mg | * |
| Phosphatidyl Serine | 1 mg | * |
| Zeaxanthin (as Zeaxanthin Isomers) | 400 mcg | * |
| Turmeric (*Curcuma longa*) Rhizome Extract (20% Curcuminoids = 100 mcg) | 500 mg | * |
| Astaxanthin (from *Haematococcus pluvialis*) | 50 mcg | * |
| Vanadium (as Sodium Metavanadate) | 10 mcg | * |
| beta-Cryptoxanthin | 10 mcg | * |

* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Modified Food Starch, Mannitol, Gelatin, Corn Starch, Sugar, Calcium Silicate, Natural Vanilla Mint Flavor, Sodium Ascorbate, dl-alpha Tocopherol, Methylcellulose, Glucose Syrup, Stevia Leaf Extract, Vegetable Oil, BHT/BHA, Povidone, Mixed Tocopherols, Ascorbyl Palmitate, Titanium Dioxide (Mineral Whitener), Caramel Color, Gum Arabic, Polyethylene Glycol, Talc, Tricalcium Phosphate, Paprika Extract, Medium Chain Triglycerides, Polyglycerol Fatty Acid Esters, Polysorbate, Sodium Aluminum Silicate, Sodium Carboxymethylcellulose.
**CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**
**Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA**

ACTUAL SIZE

**Men's Prostate Formula**

## Supplement Facts

Serving Size One Dark Brown Softgel

| Amount Per Serving | |
|---|---|
| Saw Palmetto (*Serenoa repens*) Berry Extract (85% Fatty Acids = 136 mg)(0.2% Sterols = 0.32 mg) | 160 mg* |
| Lycopene | 5 mg* |

* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Glycerin, Purified Water, Corn Oil, Caramel Color, dl-alpha Tocopherol, Titanium Dioxide (Mineral Whitener).

ACTUAL SIZE