

WARNING: 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.

Conforms to USP <2091> for weight.

Lutemax 3020™ is a trademark of OmniActive Health Technologies.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

MEGA MEN® 50 Plus ONE DAILY

Dietary Supplement

- Ultra concentrated with 39 important nutrients



**PHYSICIAN
ENDORSED**

**ONE PER DAY
60 CAPLETS**



NEW

CODE 1796322

DIRECTIONS: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	3500 IU 70%
Vitamin C (as Ascorbic Acid).....	150 mg 250%
Vitamin B (as Cholecalciferol D-3).....	1200 IU 300%
Vitamin E.....	60 IU 200%
(as Natural d-alpha Tocopheryl Succinate)	
Vitamin K (as Phytanadione).....	60 mcg 75%
Thiamin.....	4.95 mg 300%
(Vitamin B-1)(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	3.74 mg 200%
Niacin (as Nicotinamide).....	22 mg 110%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	5.6 mg 300%
Folic Acid.....	600 mcg 150%
Vitamin B-12 (as Cyanocobalamin).....	110 mcg 1800%
Biotin.....	300 mcg 100%
Pantothenic Acid.....	16.5 mg 100%
(as Calcium D-Pantothenate)	
Calcium.....	250 mg 25%
(as Calcium Carbonate and Dicalcium Phosphate)	
Phosphorus (as Dicalcium Phosphate).....	15 mg 2%
Iodine (as Potassium Iodide).....	150 mcg 100%
Magnesium (as Magnesium Oxide).....	125 mg 31%
Zinc (as Zinc Oxide).....	30 mg 200%
Selenium (as Sodium Selenite).....	120 mcg 171%
Copper (as Cupric Oxide).....	2 mg 100%

Amount Per Serving	% Daily Value
Manganese (as Manganese Sulfate).....	2 mg 100%
Chromium.....	200 mcg 167%
(as Hydrolyzed Protein Chelate)	
Molybdenum.....	75 mcg 100%
(as Hydrolyzed Protein Chelate)	
Chloride (as Potassium Chloride).....	72 mg 2%
Potassium (as Potassium Chloride).....	80 mg 2%

Brain Health Blend

Ginkgo Biloba Leaf Extract.....	10 mg *
Phosphatidyl Serine.....	2.5 mg *
Choline (as Choline Bitartrate).....	2.5 mg *
Inositol.....	2.5 mg *

Eye Health & Free Radical Protection Blend

Lutemax 3020™ Lubin.....	1 mg *
Zeaxanthin (as Zeaxanthin isomers).....	200 mcg *

Prostate Health Blend

Pumpkin Seed Meal (Cucurbita pepo/seeds).....	5 mg *
Saw Palmetto Berry Extract.....	5 mg *
(Serenoa repens)	
Lycopene.....	600 mcg *

Men's Health & Mineral Blend

Silica (as Silicon Dioxide).....	2 mg *
Boron (as Hydrolyzed Protein Chelate).....	150 mcg *
Tin (as Stannous Chloride).....	10 mcg *
Vanadium (as Vanadyl Sulfate).....	10 mcg *
Nickel (as Nickel Sulfate).....	5 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

Lot No./Best By: