

CONTAINS: Soybeans and Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by:
GNC Holdings, LLC
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.

No Artificial Flavors, Gluten Free.

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

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



CurcuWIN® CurcuWIN® is a trademark of
OmniActive Health Technologies.

Lutemax® 2020 Lutemax® 2020 is a trademark of
OmniActive Health Technologies.

*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.

GNC
MEGA
MEN®
50 Plus

Achieve your daily nutritional goals with a multivitamin that has more than 30 clinically studied ingredients.

✓ Men's Health
Contains a clinically studied men's multivitamin blend shown to work better than a basic multivitamin.^ Helps support prostate health.*

✓ Antioxidants
Packed with antioxidants to help protect against harmful free radicals that can destroy healthy cells and promote cell aging.*

✓ Heart Health
Includes vitamin B-6 and folic acid, which provide dietary support for your cardiovascular system.*

✓ Prostate & Circulatory Support
Features lycopene and saw palmetto to support prostate function, and L-arginine, which helps to maintain blood vessel tone and plays a key role in sexual health.*

* 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
60 CAPLETS
30-DAY SUPPLY



CLINICALLY
STUDIED^

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CODE Z19611
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets/ Servings Per Container 30

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 3646%
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 & 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	
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
Turmeric (Curcuma longa) Rhizome Extract (20% Curcuminoids = 100 mcg)	500 mcg
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg
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.