

⚠ 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

GNC

MEGA MEN[®]

ESSENTIALS

50 Plus

ONE DAILY MULTI

- Supports prostate function*
- Includes support for heart, brain & eye health*

60 CAPLETS • 60-DAY SUPPLY DIETARY SUPPLEMENT

CODE 179522

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)	1050 mcg RAE 117%
Vitamin C (as Ascorbic Acid)	150 mg 167%
Vitamin D (as Cholecalciferol).....	30 mcg 150%
Vitamin E	40.2 mg 268%
(as d-alpha Tocopheryl Acid Succinate)	
Vitamin K (as Phytanadione).....	60 mcg 50%
Thiamin (as Thiamin Mononitrate).....	4.95 mg 413%
Riboflavin	3.74 mg 288%
Niacin (as Niacinamide)22 mg 138%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6.6 mg 388%
Folate	1020 mcg DFE 255%
(600 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	110 mcg ... 4583%
Biotin.....	300 mcg ... 1000%
Pantothenic Acid (as Calcium d-Pantothenate) ...	16.5 mg 330%
Calcium (as Calcium Carbonate,	240 mg 18%
Dicalcium Phosphate & Calcium d-Pantothenate)	
Phosphorus (as Dicalcium Phosphate).....	30 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 30%

Amount Per Serving	% Daily Value
Zinc (as Zinc Oxide)	30 mg 273%
Selenium (as Sodium Selenite).....	120 mcg 218%
Copper (as Cupric Oxide)	2 mg 222%
Manganese (as Manganese Sulfate).....	2 mg 87%
Chromium (as Chromium Chloride)	200 mcg 571%
Molybdenum (as Sodium Molybdate)	75 mcg 167%
Chloride (as Potassium Chloride).....	70 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%

Ginkgo biloba Leaf Extract	10 mg *
Pumpkin (<i>Cucurbita pepo</i>) Seed Powder	5 mg *
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract	5 mg *
Phosphatidylserine	2.5 mg *
Inositol.....	2.5 mg *
Silica (as Silicon Dioxide).....	2 mg *
Lutein	1 mg *
(as Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Lycopene.....	600 mcg *
Zeaxanthin (as Zeaxanthin Isomers	200 mcg *
from Marigold [<i>Tagetes erecta</i>] Flower Extract)	
Boron (as Boric Acid)	150 mcg *
Vanadium (as Vanadyl Sulfate).....	10 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose and Less than 2%: Caramel (Color), Choline Bitartrate, Corn Starch, Croscarmellose Sodium, Ethyl Cellulose, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Mixed Tocopherols, Modified Food Starch, Natural Vanilla Flavor, Polyethylene Glycol, Sodium Ascorbate, Sodium Sulfate, Stearic Acid, Stevia Leaf Extract, Sugar, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate.

CONTAINS: Soy.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

* 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.

