

CODE 758901

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 (as d-alpha Tocopheryl Acid Succinate)	40.2 mg..... 268%
Vitamin K (as Phyttonadione)	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 (as Marigold [<i>Tagetes erecta</i>] Flower Extract)	1 mg..... *
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.

GNC**MEGA
MEN[®]**
ESSENTIALS**50 Plus****ONE DAILY MULTI***Science-Backed Multivitamin Formula*

- Prostate function*
- Energy production*
- Immune support*
- Heart, brain & eye health*

150 CAPLETS • 150-DAY SUPPLY

DIETARY SUPPLEMENT

* 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.

⚠ 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

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