GNC

MEGA MEN®

ESSENTIALS

50 Plus

VITAPAK® PROGRAM

WITH A TARGETED MULTIVITAMIN

- Daily Wellness & Immune Health*
- Heart & Brain Health*
- Prostate & Sexual Support*

DIETARY SUPPLEMENT

30 PACKS/30-DAY SUPPLY

*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.

4-IN-1 PACK

CODE 264745

AXG-7589

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

Each pack contains:

Mega Men® Essentials 50 Plus One Daily

Supplement Facts

Serving Size One Beige 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 Succinate)	40.2 mg	268%
Vitamin K (as Phytonadione)	60 mcg	50%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.95 mg	413%
Riboflavin (Vitamin B-2)	3.74 mg	288%
Niacin (as Niacinamide)	22 mg	138%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6.6 mg	388%
Folate	1020 mcg DFE (600 mcg Folic Acid)	255%
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, Calcium d-Pantothenate & Dicalcium Phosphate)	250 mg	19%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as L-Selenomethionine)	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 (*Cucurbita pepo*) Seed Powder	5 mg	*
Saw Palmetto (*Serenoa repens*) Berry Extract	5 mg	*
Phosphatidyl Serine	2.5 mg	*
Inositol	2.5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Lutein (from Marigold [*Tagetes erecta*] Flower Extract)	1 mg	*
Lycopene	600 mcg	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [*Tagetes erecta*] Flower Extract)	200 mcg	*
Boron (as Boric Acid & Hydrolyzed Rice Protein Chelate)	150 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Maltodextrin, Croscarmellose Sodium and Less than 2%: Caramel (Color), Choline DL-Bitartrate, Corn Oil, Corn Starch, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Carbonate, Magnesium Stearate, Medium Chain Triglycerides, Modified Starch, Natural Flavor, Polydextrose, Polyethylene Glycol, Sodium Ascorbate, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tocopherols, Tricalcium Phosphate.

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

Contains a bioengineered food ingredient.

ACTUAL SIZE

Fish Oil Mini

Supplement Facts

Serving Size One Yellow Softgel Capsule

Amount Per Serving	% Daily Value
Calories	5
Total Fat	0.5 g <2%†
Total Omega-3s	533 mg *
Total EPA + DHA	500 mg *
Eicosapentaenoic Acid (EPA)	367 mg *
Docosahexaenoic Acid (DHA)	134 mg *
Other Omega-3s	33 mg *

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Fish Oil, Gelatin, Glycerin, Purified Water, Natural Lemon Flavor, Mixed Tocopherols, Soybean Oil.

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

ACTUAL SIZE

Saw Palmetto

Supplement Facts

Serving Size One Dark Brown Softgel Capsule

Amount Per Serving	
Saw Palmetto (*Serenoa repens*) Berry Extract (85% Fatty Acids = 136 mg)	160 mg*

* Daily Value not established.

OTHER INGREDIENTS: Olive Oil, Gelatin, Glycerin, Purified Water, Caramel Color.

ACTUAL SIZE

Staminol®

Supplement Facts

Serving Size One Beige Filled Capsule

Amount Per Serving	
Proprietary Blend Arginine (as L-Arginine) Epimedium (*Epimedium sagittatum*) Stem & Leaf Extract Maca (*Lepidium meyenii*) Root Powder	100 mg*
Oat Straw (*Avena sativa*) Stem Powder	75 mg*
Gamma-Aminobutyric Acid (GABA)	50 mg*
Yohimbe (*Pausinystalia johimbe*) Bark Extract	30 mg*
Horny Goat Weed (*Epimedium sagittatum*) Aerial Parts Powder	10 mg*
Muira Puama (*Ptychopetalum olacoides*) Bark Powder	5 mg*
Damiana (*Turnera diffusa*) Leaf Powder	5 mg*
Saw Palmetto (*Serenoa repens*) Berry Powder	5 mg*

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Gelatin Capsule, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Purified Water, Magnesium Stearate Vegetable Source, Silicon Dioxide, Maltodextrin.

CONTAINS: Wheat.

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.

No Artificial Flavors.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

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

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®

ESSENTIALS

50 Plus

VITAPAK® PROGRAM

HEART BRAIN IMMUNE MEN'S HEALTH

Everyday Essentials for Men 50 and Over

DAILY WELLNESS Includes a multivitamin providing 18 vitamins and minerals at 100% daily value or higher.

HEART & BRAIN HEALTH Supports the cardiovascular system, eye, brain and joint health plus cholesterol levels that are already in normal range with EPA/DHA Omega-3s.*

IMMUNE HEALTH Packed with antioxidants for cell protection and immune support.*

PROSTATE & SEXUAL HEALTH Features key ingredients for sexual health and saw palmetto to support normal prostate function and healthy urinary flow.*

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