

KEEP OUT OF REACH
OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

^See carton for related
information.

GNC

**MEGA
MEN[®]**

50 Plus

MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND[^]

TIMED RELEASE

DIETARY SUPPLEMENT

120 CAPLETS • 60-DAY SUPPLY

CODE 206322

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A.....	1500 mcg RAE.....167%
(50% as beta-Carotene & 50% as Retinyl Acetate)	
Vitamin C (as Ascorbic Acid & Calcium Ascorbate).....	300 mg.....333%
Vitamin D (as Cholecalciferol).....	50 mcg.....250%
Vitamin E (as d- α -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.....3846%
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,.....	210 mg.....16%
Calcium d-Pantothenate, Dicalcium Phosphate, Calcium Ascorbate)	
Iodine (as Potassium Iodide).....	150 mcg.....100%
Magnesium (as Magnesium Oxide).....	120 mg.....29%

Amount Per Serving	% Daily Value
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 (<i>Serenoa repens</i>) Berry Extract.....	100 mg.....*
Arginine (as L-Arginine Monohydrochloride).....	100 mg.....*
Sage (<i>Salvia officinalis</i>) Leaf Powder.....	50 mg.....
α -Lipoic Acid.....	25 mg.....*
Ginkgo (<i>Ginkgo biloba</i>) Leaf Powder.....	25 mg.....*
Inositol.....	10 mg.....*
Phosphatidylserine.....	10 mg.....*
Silica (as Silicon Dioxide).....	2 mg.....*
Boron (as Sodium Borate).....	2 mg.....*
Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract).....	2 mg.....*
Lycopene.....	2 mg.....*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract).....	400 mcg.....*
Astaxanthin (from <i>Haematococcus pluvialis</i>).....	50 mcg.....*
Vanadium (as Sodium Metavanadate).....	10 mcg.....*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Polyvinyl Alcohol, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Talc, Soy Lecithin, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

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

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

Contains a bioengineered food ingredient.

⚠ 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, No Milk.

