

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

For More Information:
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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



GNC

MEGA MEN[®] Basics 50 Plus

Dietary Supplement

MULTIVITAMIN FOR SENIOR MEN

- 12 vitamins and minerals at 100% daily value or more
- B vitamins for energy & metabolism*
- Antioxidants to protect from harmful free radicals that can damage healthy cells*

100 CAPLETS

CODE 713812

DIRECTIONS: As a dietary supplement, take one caplet daily.

ARG

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as 71% Vitamin A Acetate and 29% beta-Carotene)	3500 IU 70%	Magnesium (as Magnesium Oxide)	75 mg 19%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin D (as Cholecalciferol D-3)	600 IU 150%	Selenium (as Sodium Selenate)	21 mcg 30%
Vitamin E (as Natural dl-Alpha Tocopheryl Acetate)	60 IU 200%	Copper (as Cupric Sulfate)	0.5 mg 25%
Vitamin K (as Phytonadione)	60 mcg 75%	Manganese (as Manganese Sulfate)	4 mg 200%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg 100%	Chromium (as Chromium Picolinate)	60 mcg 50%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Molybdenum (as Sodium Molybdate)	50 mcg 67%
Niacin (as Niacinamide)	20 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%	Potassium (as Potassium Chloride)	80 mg 2%
Folic Acid	300 mcg 75%	Nickel (as Nickel Sulfate)	5 mcg *
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1667%	Silicon (as Silicon Dioxide)	2 mg *
Biotin	30 mcg 10%	Vanadium (as Sodium Metavanadate)	10 mcg *
Pantothenic Acid (as Calcium Pantothenate)	10 mg 100%	Lutein	300 mcg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	210 mg 21%	Lycopene	600 mcg *
Phosphorus (as Dicalcium Phosphate)	20 mg 2%		
Iodine (as Potassium Iodide)	150 mcg 100%		

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin, Croscarmellose Sodium, Stearic Acid, Hypromellose, Polydextrose, Crospovidone, Calcium Silicate, Titanium Dioxide Color, Magnesium Stearate, Polyethylene Glycol, Medium Chain Triglycerides, FD&C Yellow #6 Aluminum Lake, FD&C Blue #2 Aluminum Lake, FD&C Red #40 Aluminum Lake, Biotin, Sodium Metavanadate.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

WARNING: 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.

* 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.

Lot No./Best By: