

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



**PHYSICIAN
ENDORSED***

- ♦ This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a leading multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

GNC QUALITY COMMITMENT
For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC

MEGA
MEN®
50 Plus

More antioxidant power than ever and over 30 clinically studied ingredients in every formula – all in smaller, easier-to-swallow pills.

- ✔ **Men's Health**
Contains a clinically studied men's multivitamin shown to work better than a basic multivitamin.* Helps support colon health.*
- ✔ **Antioxidants**
Packed with antioxidants to help protect against harmful free radicals that can destroy healthy cells and promote cell aging.*
- ✔ **Heart Health**
Includes vitamin B-6 and folic acid, which provide dietary support for your cardiovascular system.*
- ✔ **Prostate & Circulatory Support**
Features lycopene and saw palmetto to support prostate function, and L-arginine, which helps to maintain blood vessel tone and plays a key role in sexual health.*

* 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.

GNC

MEGA
MEN®
50 Plus

Dietary Supplement

CLINICALLY STUDIED MULTIVITAMIN ^

- Antioxidants
- Heart Health
- Prostate & Circulatory Support

Timed-Release
60 CAPLETS



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NEW!
SMALLER
PILLS

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size Two Caplets Servings Per Container 30	
Vitamin A (50% as beta-Carotene & 50% Retinyl Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytanadione)	80 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate & Calcium Ascorbate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as L-Selenomethionine)	200 mcg 286%
Copper (as Copper Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Brain Health Blend	
Ginkgo biloba Leaf Powder, Bacopa monnieri Leaf Extract, Phosphatidyl Serine	10 mg *
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Grape Seed Extract (Vitis vinifera) (Standardized to Polyphenols)	1 mg *
Prostate Health Blend	
Saw Palmetto Berries Extract (Serenoa repens), Nettle Leaf Powder (Urtica dioica)	160 mg *
Pumpkin Seed Powder (Cucurbita pepo)	
L-Arginine	100 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Sodium Borate)	2 mg *
Resveratrol	1 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Super Antioxidant Blend	
alpha-Lipoic Acid	25 mg *
Lutemax® 2020 Lutein	2 mg *
Lycopene	1 mg *
Turmeric Root Extract (CurcuWIN™) (Curcuma longa)	500 mcg *
(Standardized to Curcuminoids)	
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from Haematococcus pluvialis)	50 mcg *
beta-Cryptoxanthin	10 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Mint Flavor, Talc, Caramel Color, Stevia Leaf Extract.

CONTAINS: Fish and Soybeans.

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. Conforms to USP <2091> for weight.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.