

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten,
No Dairy, Yeast Free.



Lutemax 2020™ is a trademark of
OmniActive Health Technologies.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



VITALITY



HEART



BRAIN



EYE

**To ensure a complete nutritional program,
take daily with these GNC products:**

- Triple Fish Oil Mini
- Protein
- Ultra Probiotic Complex
- SuperFoods Supreme

*In a randomized, double-blind, crossover study of 13 healthy volunteers, subjects took 20 mg of lutein in the form of Lutemax 2020™ or regular lutein on two occasions. Lutemax 2020™ resulted in statistically significant higher blood concentration of lutein over the first 24-hour period in subjects compared to regular lutein.

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 GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



Dr. Frank J. Costa, M.D.

GNC Mega Men® 50 Plus Mini is physician endorsed by Frank J. Costa, M.D., an internationally acclaimed urological surgeon, men's health expert and member of the GNC Medical Advisory Board.

"Mega Men® 50 Plus Mini conveniently and efficiently delivers at least 100% daily value of 18 vitamins and minerals in just two compact pills. This complete multivitamin formula provides all the nutritional support you need to live well."

— Frank J. Costa, M.D.

GNC Mega Men® 50 Plus Mini is a premium multivitamin that delivers 32 important nutrients for best-in-class support of overall wellness and men's special health needs.* 65% smaller than our Men's Mega Men® One Daily multivitamin, this potent formula is composed of unique blends selected to target key areas of concern for men and to provide support for their everyday efforts to maintain a healthy lifestyle.*

Advanced Nutritional Support

This formula features at least 100% daily value of 18 vitamins and minerals including B vitamins to support energy production and the metabolism of fats, carbohydrates and proteins.* Vitamin C to support immunity and natural resistance, while 1200 IU of vitamin D-3 supports colon health, bones and teeth.*

Brain Health Blend

Choline is an essential nutrient that functions as a precursor molecule for crucial brain chemicals known as neurotransmitters that control memory and other cognitive functions. This formula includes an additional central nervous system supporting 2.5 mg of inositol which helps regulate nerve impulses.*

Eye Health Blend

Includes a superior source of eye supporting lutein, Lutemax 2020™, shown to be 268% more bioavailable* than regular lutein. Also includes zeaxanthin, a powerful carotenoid antioxidant that helps protect cells from damaging free radicals that can contribute to cell-aging.*

Prostate Health Blend

An advanced blend to support healthy prostate function and urinary flow.*

* 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 MINI

Dietary Supplement

MINI PILL MULTIVITAMIN

Our Smallest Multivitamin with 32 Vital Nutrients

- Provides essential nutrients to support brain, eye, colon & heart health*
- Full potency B vitamin complex to support energy production & metabolism*
- Features healthy aging complex to support vitality, prostate health & immune response*

 **PHYSICIAN ENDORSED**

Easy-to-Swallow 90 MINI TABLETS

IRON FREE

CODE 18644

DIRECTIONS: As a dietary supplement, take two mini tablets daily with food. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size Two Mini Tablets
Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	3500 IU 70%
Vitamin C (as Ascorbic Acid)	125 mg 208%
Vitamin D (as Cholecalciferol D-3)	1200 IU 300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%
Vitamin K (as Phytonadione)	60 mcg 75%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	4.95 mg 330%
Riboflavin (Vitamin B-2)	3.74 mg 220%
Niacin (as Niacinamide)	22 mg 110%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6.6 mg 330%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	16.5 mg 165%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	150 mg 15%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 31%
Zinc (as Zinc Oxide)	30 mg 200%
Selenium (as Sodium Selenite)	120 mcg 171%
Copper (as Cupric Sulfate)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	180 mcg 150%
Molybdenum (as Sodium Molybdate)	75 mcg 100%

Brain Health Blend

Ginkgo biloba Leaf Extract	5 mg *
Phosphatidyl Serine	2.5 mg *
Choline (as Choline Bitartrate)	2.5 mg *
Inositol	2.5 mg *

Eye Health Blend

Lutemax 2020™ Lutein	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	100 mcg *

Prostate Health Blend

Pumpkin Seed Meal (<i>Cucurbita pepo/maxima</i>)	5 mg *
Saw Palmetto Berry Extract (<i>Serenoa repens</i>)	5 mg *
Lycopene	600 mcg *
Boron (as Boron Citrate)	150 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Natural Vanilla Flavor, Caramel Color, Sucralose.

CONTAINS: 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.