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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



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



CODE 201622
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Amount Per Serving	% Daily Value	
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 Phylloquinone)	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), Pumpkin Seed Powder (Cucurbita pepo)	160 mg	*
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)(Standardized to Curcuminoids)	500 mcg	*
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 Whiteners), 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.

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.

Timed-Release
120 CAPLETS



PHYSICIAN
ENDORSED*