

Conforms to USP <2091> for weight.



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 USA

ACTUAL SIZE

One Per Day

GNC

MEGA MEN® 50 Plus ONE DAILY

GNC Mega Men® 50 Plus One Daily is a premium multivitamin providing 39 important nutrients essential for overall wellness, plus unique blends scientifically formulated to support the specific health needs of men, in one ultra concentrated pill.

HOW DOES YOUR MULTIVITAMIN COMPARE?

Ultra Concentrated Technology for Greater Benefits*	GNC Mega Men® 50 Plus One Daily Premium Multivitamin	Leading Men's 50 Plus Multivitamin†
Nutrients Delivered in One Caplet	39	31
Nutrients with at Least 100% Daily Value (DV)	18	13
More Vitamin B-12 Important for Neurological Function and Red Blood Cell Formation*	✓	—
More Vitamin C to Support Natural Resistance*	150 mg	120 mg
More Vitamin D-3 to Support Colon Health*	1200 IU	600 IU
Customized Men's Health Blends	✓	—
With Ginkgo, Phosphatidylserine, Choline and Inositol to Support Brain Health*	✓	—
Lutein for Eye Health Support*	✓	—
Prostate Health Support with Pumpkin Seed, Saw Palmetto and Lycopene*	✓	—

*Ultra Concentrated Technology: Using cutting-edge product development processes, GNC Mega Men® 50 Plus One Daily Multivitamin was developed to deliver more nutrients in one standard size pill for greater benefits.

* 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.

† Compared to the leading 50 Plus men's multivitamin brand.

‡ Emerging research suggests that adequate daily vitamin D intake may play a role in supporting colon health.

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.

GNC

MEGA MEN® 50 Plus ONE DAILY

Dietary Supplement

ONE PER DAY MULTIVITAMIN

Ultra Concentrated with 39 Important Nutrients

- Provides 18 vitamins & minerals at 100% daily value or more
- With lycopene & saw palmetto to support optimal prostate function & normal urinary flow*
- Features B vitamins to support energy production & metabolism*
- Advanced health blends for heart, brain & eye support*

One Per Day
60 CAPLETS

KRG

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

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	3500 IU.....70%
Vitamin C (as Ascorbic Acid).....	150 mg.....250%
Vitamin D (as Cholecalciferol D-3).....	1200 IU.....300%
Vitamin E (as Natural d-alpha Tocopheryl Succinate).....	60 IU.....200%
Vitamin K (as Phytanadione).....	60 mcg.....75%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	4.95 mg.....330%
Riboflavin (Vitamin B-2).....	3.74 mg.....220%
Niacin (as Nicotinamide).....	22 mg.....110%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	6.6 mg.....330%
Folic Acid.....	600 mcg.....150%
Vitamin B-12 (as Cyanocobalamin).....	110 mcg.....1833%
Biotin.....	300 mcg.....100%
Pantothenic Acid (as Calcium d-Pantothenate).....	16.5 mg.....165%
Calcium (as Calcium Carbonate & Dicalcium Phosphate).....	250 mg.....25%
Phosphorus (as Dicalcium Phosphate).....	15 mg.....2%
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 Oxide).....	2 mg.....100%
Manganese (as Manganese Sulfate).....	2 mg.....100%
Chromium (as Hydrolyzed Protein Chelate).....	200 mcg.....167%
Molybdenum (as Hydrolyzed Protein Chelate).....	75 mcg.....100%
Chloride (as Potassium Chloride).....	72 mg.....2%
Potassium (as Potassium Chloride).....	60 mg.....2%

Brain Health Blend

Ginkgo biloba Leaf Extract.....	10 mg.....*
Phosphatidylserine.....	2.5 mg.....*
Choline (as Choline Bitartrate).....	2.5 mg.....*
Inositol.....	2.5 mg.....*

Eye Health & Free Radical Protection Blend

Lutemax® 2020 Lutein.....	1 mg.....*
Zeaxanthin (as Zeaxanthin Isomers).....	200 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.....*

Men's Health & Mineral Blend

Silica (as Silicon Dioxide).....	2 mg.....*
Boron (as Hydrolyzed Protein Chelate).....	150 mcg.....*
Tin (as Stannous Chloride).....	10 mcg.....*
Vanadium (as Vanadyl Sulfate).....	10 mcg.....*
Nickel (as Nickel Sulfate).....	5 mcg.....*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide, Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.

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.