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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 USA



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



CLINICALLY
STUDIED^

CODE 201612
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

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 Phytonadione)	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)	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.