

WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. 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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction. No Artificial Flavors, Gluten Free, No Milk.

GNC

MEGA MEN[®]

50 Plus

MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND[^]

TIMED RELEASE

DIETARY SUPPLEMENT

60 CAPLETS • 30-DAY SUPPLY

CODE 206312

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Daily Value
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Vitamin A.....	1500 mcg RAE.....	167%
(50% as beta-Carotene & 50% as Retinyl Acetate)		
Vitamin C.....	300 mg.....	333%
(as Ascorbic Acid & Calcium Ascorbate)		
Vitamin D (as Cholecalciferol).....	50 mcg.....	250%
Vitamin E	20.1 mg.....	134%
(as d-alpha Tocopheryl Acetate)		
Vitamin K (as Phytonadione).....	80 mcg.....	67%
Thiamin (Vitamin B-1).....	50 mg.....	4167%
(as Thiamin Mononitrate)		
Riboflavin (Vitamin B-2).....	50 mg.....	3846%
Niacin (as Niacinamide & Niacin).....	50 mg.....	313%
Vitamin B-6	50 mg.....	2941%
(as Pyridoxine Hydrochloride)		
Folate	680 mcg DFE.....	170%
(Folic Acid 400 mcg)		
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin.....	300 mcg.....	1000%
Pantothenic Acid	50 mg.....	1000%
(as Calcium d-Pantothenate)		

Amount Per Serving	% Daily Value
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Choline (as Choline Bitartrate).....	10 mg.....	2%
Calcium (as Calcium Carbonate,)	210 mg.....	16%
Calcium d-Pantothenate, Dicalcium Phosphate, Calcium Ascorbate)		
Iodine (as Potassium Iodide).....	150 mcg.....	100%
Magnesium	120 mg.....	29%
(as Magnesium Oxide)		
Zinc (as Zinc Oxide)	25 mg.....	227%
Selenium	200 mcg.....	364%
(as L-Selenomethionine)		
Copper (as Cupric Sulfate)	2 mg.....	222%
Manganese (as Manganese Sulfate) ..	2 mg.....	87%
Chromium	120 mcg.....	343%
(as Chromium Chloride)		
Molybdenum	75 mcg.....	167%
(as Sodium Molybdate)		
Saw Palmetto (<i>Serenoa repens</i>)	100 mg.....	*
Berry Extract		
Arginine.....	100 mg.....	*
(as L-Arginine Monohydrochloride)		
Sage (<i>Salvia officinalis</i>).....	50 mg.....	*
Leaf Powder		

Amount Per Serving	% Daily Value
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alpha-Lipoic Acid	25 mg.....	*
Ginkgo (<i>Ginkgo biloba</i>) Leaf Powder..	25 mg.....	*
Inositol.....	10 mg.....	*
Phosphatidylserine	10 mg.....	*
Silica (as Silicon Dioxide)	4 mg.....	*
Boron (as Sodium Borate)	2 mg.....	*
Lutein	2 mg.....	*
(from Marigold [<i>Tagetes erecta</i>] Flower Extract)		
Lycopene	2 mg.....	*
Zeaxanthin (as Zeaxanthin	400 mcg.....	*
Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract)		
Astaxanthin.....	50 mcg.....	*
(from <i>Haematococcus pluvialis</i>)		
Vanadium	10 mcg.....	*
(as Sodium Metavanadate)		

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Corn Starch, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Polyvinyl Alcohol, Polyethylene Glycol, Talc, Soy Lecithin, Caramel (Color), Natural Vanilla Mint Flavor, Steviol Glycosides.

CONTAINS: Soybeans, Fish (Anchovy, Mackerel, Sardine, Smelt, Whiting, Pollock, Salmon, Tuna, Cod or a Combination Thereof).

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA.

Contains a bioengineered food ingredient.

[^]See carton for related information.

For More Information: 1-888-462-2548, GNC.com

