

⚠ 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.

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

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



OVERALL
WELLNESS



IMMUNE
SUPPORT



PROSTATE
HEALTH

**CUSTOMIZED FOR MEN
50 AND OVER:**

- ✓ **DAILY HEALTH & WELLNESS**
Provides 35 important nutrients and active ingredients, including 18 vitamins and minerals at 100% Daily Value or higher.
- ✓ **IMMUNE SUPPORT**
Includes zinc, vitamin D and antioxidant vitamin C for immune health.*
- ✓ **PROSTATE HEALTH**
Has ingredients to support healthy prostate function.*

The GNC Difference
A premium, one daily multivitamin for men 50 & over – scientifically formulated for quality.

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements.

* 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®**
ESSENTIALS

50 Plus
ONE DAILY MULTI

Science-Backed Formula to Support:

- Overall wellness*
- Immune health*
- Prostate support*

DIETARY SUPPLEMENT 60 CAPLETS • 60-DAY SUPPLY

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CODE 206511 JYG-333
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)	1050 mcg RAE	117%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D (as Cholecalciferol)	30 mcg	150%
Vitamin E	40.2 mg	268%
(as d-alpha Tocopheryl Succinate)		
Vitamin K (as Phytonadione)	60 mcg	50%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	4.95 mg	413%
Riboflavin (Vitamin B-2)	3.74 mg	288%
Niacin (as Niacinamide)	22 mg	138%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6.6 mg	388%
Folate	1020 mcg DFE	255%
(600 mcg Folic Acid)		
Vitamin B-12 (as Cyanocobalamin)	110 mcg	4583%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Calcium (as Calcium Carbonate)	260 mg	20%
Dicalcium Phosphate and Calcium d-Pantothenate)		
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as L-Selenomethionine)	120 mcg	216%
Copper (as Cupric Oxide)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Chromium Chloride)	200 mcg	571%
Molybdenum (as Sodium Molybdate)	75 mcg	167%
Chloride (as Potassium Chloride)	70 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Ginkgo (<i>Ginkgo biloba</i>) Leaf Extract	10 mg	*
Pumpkin (<i>Cucurbita spp</i>) Seed Powder	5 mg	*
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract	5 mg	*
Phosphatidyl Serine	2.5 mg	*
Inositol	2.5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Lutein	1 mg	*
(as Marigold [<i>Tagetes erecta</i>] Flower Extract)		
Lycopene	600 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	200 mcg	*
from Marigold [<i>Tagetes erecta</i>] Flower Extract)		
Boron (as Boric Acid)	150 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*

* Daily Value not established.

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

CONTAINS: Soy.
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.