

CODE 208611
DIRECTIONS: As a dietary supplement, take the contents of one pack daily with food.
 Each pack contains:

Mega Men® 50 Plus Multivitamin

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 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,	10 mg *
Phosphatidyl Serine	
Choline (as Choline Bitartrate)	10 mg *
Inositol	10 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)(Standardized to Polyphenols)	1 mg *
Prostate Health Blend	
Saw Palmetto Berries Extract (<i>Serenoa repens</i>),	160 mg *
Nettle Leaf Powder (<i>Urtica dioica</i>), Pumpkin Seed Powder (<i>Cucurbita pepo</i>)	
L-Arginine	100 mg *
Silica (as Silicon Dioxide)	4 mg *
Boron (as Sodium Borate)	2 mg *

Amount Per Serving	% Daily Value
resVida® trans-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™) (<i>Curcuma longa</i>)(Standardized to Curcuminoids)	500 mcg *
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg *
Astaxanthin (from <i>Haematococcus pluvialis</i>)	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.
 Conforms to USP <2091> for weight.

High Potency EPA & DHA

Supplement Facts

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
Total Omega-3s	943 mg *
EPA (Eicosapentaenoic Acid)(Omega-3)	700 mg *
DHA (Docosahexaenoic Acid)(Omega-3)	100 mg *
Other Omega-3s	143 mg *

† Percent Daily Values are based on a 2,000 calorie diet.
 * Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Nettle Leaf Powder (*Urtica dioica*), Pumpkin Seed Powder (*Cucurbita pepo*)
CONTAINS: Fish (Pollock, Whiting, Anchovy, Sardine, Mackerel).
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

BQ6

Men's Prostate Formula

Supplement Facts

Amount Per Serving	% Daily Value
Saw Palmetto Berries Extract (<i>Serenoa repens</i>) (85% Fatty Acids = 136 mg)(Standardized to Sterols)	160 mg*
Lycopene	5 mg*

* Daily Value not established.
Other Ingredients: Gelatin, Glycerin, Corn Oil, Caramel Color, Titanium Dioxide (Natural Mineral Whitener).
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

Mental Sharpness Support

Supplement Facts

Amount Per Serving	% Daily Value
Ginkgo biloba Leaf Extract (24% Ginkgo Flavonglycosides = 28.8 mg)(Standardized to Terpene Lactones)	120 mg*

* Daily Value not established.
Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose Capsule, Cellulose, Magnesium Stearate Vegetable Source.
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

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blends for six weeks experienced significant improvements in serum levels of certain key nutrients compared to a placebo and a basic multivitamin formula based upon multivariate statistical analyses of a group of B vitamins (thiamin, niacin, riboflavin, pantothenic acid, biotin, folic acid and vitamins B-6 and B-12) and key antioxidants and carotenoids (a group of beta-carotene, alpha-tocopherol, selenium, lutein and lycopene). Statistical improvements in SF-36 Vitality and Mental Health scores were also observed compared to placebo.

PHYSICIAN ENDORSED*
 * This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

Healthy Aging Antioxidant Support

Supplement Facts

Amount Per Serving	% Daily Value
Coenzyme Q-10	100 mg*
resVida® trans-Resveratrol	30 mg*
Green Tea Extract (<i>Camellia sinensis</i>)(Standardized to Polyphenols)	25 mg*
Turmeric Root Extract (CurcuWIN™)(<i>Curcuma longa</i>) (Standardized to Curcuminoids)	10 mg*
Chios Mastiha Gum Powder (<i>Pistacia lentiscus</i>)	10 mg*
Lutemax® 2020 Lutein	2 mg*
Zeaxanthin (as Zeaxanthin Isomers)	400 mcg*

* Daily Value not established.
Other Ingredients: Cellulose, Gelatin, Corn Starch, Talc, Magnesium Stearate Vegetable Source, Silicon Dioxide.
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

Other Ingredients: Cellulose, Gelatin, Corn Starch, Talc, Magnesium Stearate Vegetable Source, Silicon Dioxide.
 Conforms to USP <2091> for weight.
 Meets USP <2040> disintegration.

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.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.

CurcuWIN™ CurcuWIN™ trademark belongs to OmniActive Health Technologies.

Lutemax 2020 Lutemax® 2020 is a trademark of OmniActive Health Technologies.

resVida resVida® is a trademark of DSM.

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GNC MEGA MEN® 50 Plus

Dietary Supplement

VITAPAK® PROGRAM WITH CLINICALLY STUDIED MULTIVITAMIN^

- Antioxidants • Heart Health
- Prostate Health • Mental Sharpness



30 PACKS

PHYSICIAN ENDORSED*

NEW

GNC MEGA MEN® 50 Plus

Achieve your daily nutritional goals with customized ingredients plus multivitamins that have more antioxidant power than ever, contain over 30 clinically studied ingredients – and are smaller and easier to swallow.

- ✓ **Men's Health**
 Contains a clinically studied men's multivitamin shown to work better than a basic multivitamin.^ Helps support colon health.*
- ✓ **Antioxidants**
 Helps protect against harmful free radicals that can destroy healthy cells and promote the cell aging process.*
- ✓ **Heart Health**
 Has EPA, which is important for cardiovascular and circulatory health and promotes healthy cholesterol and triglyceride levels. Plus it contains clinically studied resVida® resveratrol to enhance blood vessel dilation.*
- ✓ **Prostate Health**
 Features saw palmetto to support normal prostate function and lycopene, which may support prostate health.*
- ✓ **Mental Sharpness**
 Has ginkgo biloba, which supports mental sharpness.*

* 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.