

KEEP OUT OF REACH
OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

^See carton for related
information.

GNC

**MEGA
MEN[®]**

50 Plus

MULTIVITAMIN

WITH CLINICALLY PROVEN BLEND[^]

TIMED RELEASE

DIETARY SUPPLEMENT

120 CAPLETS • 60-DAY SUPPLY

CODE 206322

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

JYG-333

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving % Daily Value

Vitamin A.....	1500 mcg RAE.....	167%
(50% as beta-Carotene & 50% as Retinyl Acetate)		
Vitamin C (as Ascorbic Acid & Calcium Ascorbate).....	300 mg.....	333%
Vitamin D (as Cholecalciferol).....	50 mcg.....	250%
Vitamin E (as D-alpha Tocopheryl Acetate).....	20.1 mg.....	134%
Vitamin K (as Phytonadione).....	80 mcg.....	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	50 mg.....	4167%
Riboflavin (Vitamin B-2).....	50 mg.....	3846%
Niacin (as Niacinamide & Niacin).....	50 mg.....	313%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	50 mg.....	2941%
Folate.....	680 mcg DFE.....	170%
(400 mcg Folic Acid)		
Vitamin B-12 (as Cyanocobalamin).....	50 mcg.....	2083%
Biotin.....	300 mcg.....	1000%
Pantothenic Acid (as Calcium d-Pantothenate).....	50 mg.....	1000%
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 (as Magnesium Oxide).....	120 mg.....	29%

Amount Per Serving % Daily Value

Zinc (as Zinc Oxide).....	25 mg.....	227%
Selenium (as L-Selenomethionine).....	200 mcg.....	364%
Copper (as Cupric Sulfate).....	2 mg.....	222%
Manganese (as Manganese Sulfate).....	2 mg.....	87%
Chromium (as Chromium Chloride).....	120 mcg.....	343%
Molybdenum (as Sodium Molybdate).....	75 mcg.....	167%

Saw Palmetto (<i>Serenoa repens</i>) Berry Extract.....	100 mg.....	*
Arginine (as L-Arginine Monohydrochloride).....	100 mg.....	*
Sage (<i>Salvia officinalis</i>) Leaf Powder.....	50 mg.....	*
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 (from Marigold [<i>Tagetes erecta</i>] Flower Extract).....	2 mg.....	*
Lycopene.....	2 mg.....	*
Zeaxanthin (as Zeaxanthin Isomers from Marigold [<i>Tagetes erecta</i>] Flower Extract).....	400 mcg.....	*
Astaxanthin (from <i>Haematococcus pluvialis</i>).....	50 mcg.....	*
Vanadium (as Sodium Metavanadate).....	10 mcg.....	*

* Daily Value not established.

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

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

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

Contains a bioengineered food ingredient.

▲ 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.



**GLUTEN
FREE**



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