

**▲ 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<sup>®</sup>

## 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..... 213%
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, Titanium Dioxide (Mineral Whitener), 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.