

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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



**GNC**  
WOMEN'S

# One Daily Multivitamin

**50 PLUS**

Specially formulated for the overall health & wellness of women 50 & over\*



DIETARY SUPPLEMENT 60 CAPLETS/60-DAY SUPPLY

CODE 179763

**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 (as d-alpha-Tocopheryl Acid Succinate).....	23.5 mg ..... 157%
Vitamin K (as Phytonadione).....	60 mcg ..... 50%
Thiamin (as Thiamin Mononitrate).....	4.95 mg ..... 413%
Riboflavin.....	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, Dicalcium Phosphate & Calcium d-Pantothenate).....	500 mg ..... 38%
Iron (as Ferrous Fumarate).....	8 mg ..... 44%
Iodine (as Potassium Iodide).....	150 mcg ..... 100%

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide).....	50 mg ..... 12%
Zinc (as Zinc Oxide).....	30 mg ..... 273%
Selenium (as Sodium Selenite).....	70 mcg ..... 127%
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%

Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Powder.....	10mg ..... *
Ginkgo biloba Leaf Extract.....	10mg ..... *
Bovine Collagen Hydrolysate.....	5mg ..... *
Phosphatidylserine.....	2.5mg ..... *
Inositol.....	2.5mg ..... *
Silica (as Silicon Dioxide).....	2mg ..... *
Lutein.....	1mg ..... *
(as Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	
Zeaxanthin (as Zeaxanthin Isomers from Marigold [ <i>Tagetes erecta</i> ] Flower Extract).....	200mcg ..... *
Boron (as Boric Acid).....	150mcg ..... *
Vanadium (as Vanadyl Sulfate).....	10mcg ..... *

\* Daily Value not established.

**OTHER INGREDIENTS:** Maltodextrin, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose and Less than 2%: Caramel (Color), Choline Bitartrate, Corn Starch, Croscarmellose Sodium, Ethyl Cellulose, Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate, Mixed Tocopherols, Modified Food Starch, Natural Vanilla Flavor, Polyethylene Glycol, Sodium Ascorbate, Sodium Sulfate, Stearic Acid, Stevia Leaf Extract, Sugar, Sunflower Lecithin, Talc, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate.

**CONTAINS: SOY.**

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

**Contains a bioengineered food ingredient.**

**⚠ WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://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.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot No./Best By:

KWG-6783

