



1-000-9329-00

A dietary supplement that is a complete multivitamin, plus it delivers extra nutrients specially formulated for men.

- o Enriched with omega 3-6-9
- o More than twice the vitamin D of leading national brands††
- o Prostate health with lycopene, more†† selenium, vitamin E and zinc*
- o Heart health with vitamins B6, B12, C, E and folic acid*
- o Eye health with vitamins E, A, C and zinc*
- o No preservatives added
- o No artificial color, trans fat, gluten or lactose
- o Does not contain iron - research suggests excess iron may increase a man's risk of heart disease

††Compare to One A Day Essential, and with nearly twice the selenium in Centrum Silver for prostate health.

*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.

100% satisfaction guaranteed

As a dietary supplement for adults, take one (1) capsule daily with a meal

- o Not intended for children
- o For optimal storage conditions, keep in a cool, dry place with the cap tightly closed
- o Protect from excessive heat or freezing

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Item Code: 501678

Ingredients

Gelatin , Syloid , Flaxseed , Magnesium Stearate , Rice Flour , Algal Oil , Glucose Syrup Solids , Mannitol , Sodium Caseinate (Milk) , Soy Protein , High Oleic Sunflower Oil , Sodium Ascorbate , Tricalcium Phosphate , Tetrasodium Diphosphate , Natural Flavors , Soy Lecithin , Mixed Natural Tocopherols , Ascorbyl Palmitate

Nutrition Facts	
Serving Size : 1 Capsule Capsule	
Serving per Container : 60	
Amount Per Serving	% Daily value*
Vitamin A2500.0IU	50.0
Vitamin C72.0mg	120.0

Supplement Facts		
Serving Size: 1 Capsule		
	Amount Per Serving	% DV
Vitamin A (as A acetate)	2500 IU	50%
Vitamin C (as ascorbic acid)	72 mg	120%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d,l-alpha tocopheryl acetate)	33 IU	110%
Vitamin K (as phytonadione)	20 mcg	25%
Thiamin (as thiamine mononitrate)	4.5 mg	300%
Riboflavin (vitamin B-2)	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin (as D-biotin)	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate)	10 mg	1%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	4 mg	1%
Zinc (as zinc oxide)	22.5 mg	150%
Selenium (as sodium selenite)	105 mcg	150%
Copper (as cupric oxide)	2 mg	100%
Manganese (as manganese carbonate)	4 mg	200%
Chromium (as chromium chloride)	180 mcg	150%
Molybdenum (as Mo amino acid chelate)	90 mcg	120%
Boron (as boron amino acid complex)	150 mcg	†
Nickel (as nickel sulfate)	5 mcg	†
Silicon (as silicon dioxide)	2 mg	†
Vanadium (as vanadyl sulfate)	10 mcg	†
Lycopene	300 mcg	†
Tin (as stannous chloride)	10 mcg	†
Omega Blend-from 200mg powder		
This omega powder provides the following omega fatty acid profile:		
DHA (docosahexaenoic acid)(omega-3)	16 mg	†
EPA (eicosapentaenoic acid)(omega-3)	552 mcg	†
ALA (alpha-linolenic acid)(omega-3)	21 mg	†
DPA (docosapentaenoic acid)(omega-6)	6 mg	†
GLA (gamma-linolenic acid)(omega-6)	100 mcg	†
ARA (arachidonic acid)(omega-6)	234 mcg	†
Oleic Acid (omega-9)	9.5 mg	†
† % DV Not Established		