

Energy for the Life You Live!™



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving
Vitamin A (as beta carotene)	10,000 IU 200%	Bromelain (from pineapple fruit) 40 mg † (24 gelatin digesting units)
Vitamin C (as ascorbic acid)	500 mg 833%	Choline (as bitartrate) 30 mg †
Vitamin D (as ergocalciferol)	100 IU 25%	Inositol 30 mg †
Vitamin E	200 IU 667%	Bioflavonoids (from <i>Citrus limon</i> exocarp) 25 mg † (active flavonols, flavonones, flavones & naringen [11 mg])
(as d-alpha tocopheryl succinate)		Herbal Antioxidant Complex 15 mg †
Vitamin K (as phytonadione)	150 mcg 188%	Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin);
Thiamin (vitamin B-1)	75 mg 5000%	Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea
(as thiamine HCl)		(<i>Camellia sinensis</i> leaf) (decaffeinated)
Riboflavin (vitamin B-2)	75 mg 4412%	(stand. 50% [2.5 mg] polyphenols)
Niacin (as niacinamide)	75 mg 375%	Rhodiola (<i>Rhodiola rosea</i> root) 10 mg †
Vitamin B-6 (as pyridoxine HCl)	75 mg 3750%	Alpha Lipoic Acid 10 mg †
Folate (as folic acid)	400 mcg 100%	Pumpkin Seed (<i>Cucurbita maxima</i>) 10 mg †
Vitamin B-12 (as cyanocobalamin)	200 mcg 3333%	L-Glycine (free form amino acid) 10 mg †
Biotin	300 mcg 100%	L-Alanine (free form amino acid) 10 mg †
Pantothenic Acid	60 mg 600%	L-Glutamine (free form amino acid) 10 mg †
(as calcium pantothenate)		Amylase (from brown rice fermentation) 5 mg †
Calcium (as aminoate complex)	250 mg 25%	Lipase (from brown rice fermentation) 5 mg †
Iodine (from kelp)	150 mcg 100%	Lactase (DairyMate®) 5 mg †
Magnesium (as aminoate complex)	125 mg 31%	Protease (from brown rice fermentation) 5 mg †
Zinc (as monomethionine**)	30 mg 200%	Lutein† (active carotenoid from marigold flower extract) 2 mg †
Selenium (as aminoate complex)	100 mcg 143%	Lycopene (active carotenoid from tomato) 1 mg †
Copper (as aminoate complex)	1 mg 50%	
Manganese (as aminoate complex)	2 mg 100%	
Chromium (as polynicotinate***)	120 mcg 100%	
Molybdenum (as aminoate complex)	50 mcg 67%	
Spirulina	250 mg †	
Saw Palmetto Berry (<i>Serenoa repens</i>)	60 mg †	
(stand. 45% [27 mg] free fatty acids)		
Bee Pollen (Spanish)	50 mg †	

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

DIRECTIONS: As a dietary supplement for men only, two tablets once daily.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

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