

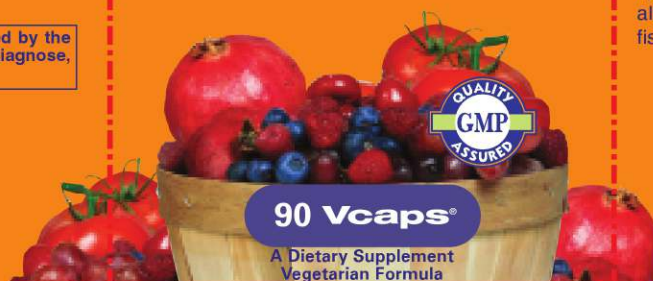
**Multi-Food
Complex Vcaps®**
For Men

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Complex Vcaps®**

FERMENTED WHOLE FOOD MULTI

For Men

- Made with Naturally Grown Ingredients
- Yeast-Free / Gluten-Free
- Iron-Free Formula
- Allergen-Free Probiotics



90 Vcaps®

A Dietary Supplement
Vegetarian Formula

ACTUAL SIZE

Supplement Facts

Serving Size 4 Vcaps® Servings Per Container 22.5

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg) **	5,000 IU	100%
Vitamin C (from Organic Amla Extract)	60 mg	100%
Vitamin D **	400 IU	100%
Vitamin E **	30 IU	100%
Vitamin K **	80 mcg	100%
Thiamine (Vitamin B-1) **	2 mg	133%
Riboflavin (Vitamin B-2) **	2 mg	118%
Niacin **	20 mg	100%
Vitamin B-6 **	2 mg	100%
Folic Acid **	400 mcg	100%
Vitamin B-12 **	12 mcg	200%
Biotin **	300 mcg	100%
Pantothenic Acid **	10 mg	100%
Calcium **	10 mg	1%
Iodine **	150 mcg	100%
Magnesium **	10 mg	3%
Zinc **	30 mg	200%
Selenium **	70 mcg	100%
Copper **	2 mg	100%
Manganese **	1 mg	50%
Chromium **	120 mcg	100%
Molybdenum **	75 mcg	100%
Potassium **	3 mg	< 1%

Organic High Antioxidant Fruit & Spirulina Blend **	825 mg	†
Organic Tart Cherry, Organic Spirulina, Organic Blueberry, Organic Pomegranate, Organic Raisin, and Organic Raspberry		
Organic Maca Root (<i>Lepidium meyenii</i>) **	100 mg	†
Organic Nettle Root (<i>Urtica dioica</i>)	75 mg	†
Rhodiola (<i>Rhodiola rosea</i>) (Root) Extract (min. 3% Rosavins)	50 mg	†
Saw Palmetto (<i>Serenoa repens</i>) (Berry)	160 mg	†
Lycopene (from Natural Tomato Extract)	3 mg	†
<i>Lactobacillus acidophilus</i> & <i>Bifidobacterium bifidum</i> (50/50 Probiotic Blend) (Allergen-Free)	1 Billion	†
Organic Amla (<i>Phyllanthus emblica</i>) (Fruit) Extract	120 mg	†

† Daily Value not established.

Other Ingredients: Cellulose (capsule), Organic Acacia Gum and Silica.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

** These nutrients are naturally fermented with live probiotics in an organic media.

Vcaps® is a registered trademark of Capsugel.

Natural color variations may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Vegetarian/Vegan Product.

SUGGESTED USAGE: As a dietary supplement, take four Multi-Food Complex Vcaps® daily with food. Dietary fats found in foods are essential to ensure absorption of fat-soluble nutrients.

Why Fermented Whole Food Base?

It is well known that nutrients obtained from healthy foods are the most beneficial. Supplements made from whole foods contain not only vitamins and minerals, but other micronutrients that can work in concert with them, enhancing their effectiveness.

- Yeast-Free, Soy-Free Fermented Whole Food Base for Nutrient Potency
- Prostate-Supporting Saw Palmetto, Maca and Zinc
- High-ORAC Antioxidant Fruit Extracts and Amla to Quench Free Radicals!
- Allergen-Free Acidophilus & Bifidus Live Probiotic Blend to Enhance Digestive Integrity*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

CODE 3837 VI



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Contains no milk, eggs, wheat, gluten, soy protein, fish, shellfish, tree nuts, peanuts or sesame.

Advanced Nutrition for Active Men

- Yeast-Free, Soy-Free Fermented Whole Food Base
- Prostate-Supporting Saw Palmetto, Maca and Zinc
- Allergen-Free Acidophilus & Bifidus Live Probiotic Blend to Enhance Digestive Integrity*

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