

NOW® Multi-Food Complex For Men

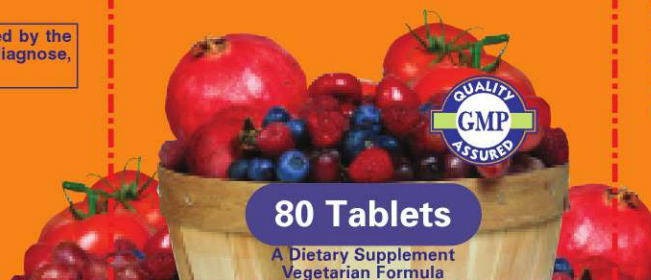


Multi-Food Complex

FERMENTED WHOLE FOOD MULTI

For Men

- Made with 75% Organic Ingredients
- Yeast-Free / Gluten-Free
- Iron-Free Formula
- Allergen-Free Probiotics



80 Tablets

A Dietary Supplement
Vegetarian Formula

ACTUAL SIZE

Supplement Facts

Serving Size 2 Tablets Servings Per Container 40

	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: Organic Acacia Gum, Silica and Organic Vegetable Coating.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108 Made in the U.S.A. www.nowfoods.com

Certified Organic by Quality Assurance International.

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

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 two Multi-Food Complex tablets 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 Organic 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 3839 VT



7 33739 03839 5



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Potassium **	3 mg	< 1%

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Advanced Nutrition for Active Men

- Supports Prostate, Immune & Heart Health*
- Fermented with High Antioxidant Fruit Blend!

NOW® Multi-Food Complex for Men is a whole food based, naturally fermented multiple vitamin formula that is the culmination of extensive research and testing, a commitment to natural ingredients, and NOW's passion for product excellence. The nutrient profile in NOW® Multi-Food Complex for Men has been optimally balanced to meet the diverse nutritional needs of today's active man. The end result is a powerful and effective formulation of fermented whole food based nutrients.

Selected nutrients and organic whole food concentrates are carefully combined in a **Yeast-Free Fermentation** with allergen-free probiotics, while more fragile nutrients such as Vitamin C (from certified organic Amla fruit), Saw Palmetto, Rhodiola, Nettle Root, Lycopene, and additional probiotics are carefully added after this process. Our allergen-free probiotic blend is formulated with live organisms that support upper and lower digestive activity.* This innovative daily multiple formula does not contain the common food allergens milk, eggs, wheat, gluten, soy protein, fish, shellfish, tree nuts, peanuts or sesame.

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Other ingredients: Organic Acacia Gum, Silica and Organic Vegetable Coating. Vegetarian/Vegan Product.

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

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- 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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