

ACTUAL SIZE

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily with food.

ADAM™

SUPERIOR MEN'S MULTI

with

**Saw Palmetto, Lycopene,
Lutein, CoQ10, ZMA®
& Ginkgo Biloba**

60 Tablets

**A Dietary Supplement
Vegetarian Formula**



CODE 3875

V7

ZMA® is a registered trademark of SNAC Systems, Inc. (patent pending) and is available from InterHealth Nutraceuticals, Inc. FloraGLO® is a registered trademark of Kemira Industries, Inc. Chromium Chelavite® is a registered trademark of Albion Labs. ZinMax® is a registered trademark of Nutrition 21.

Supplement Facts

Serving Size 2 Tablets Servings Per Container 30

	Amount Per Serving	%Daily Value
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	350 mg	583%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (from d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Phytonadione)	50 mcg	63%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium d-Pantothenate)	100 mg	1000%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	350 mg	35%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate and ZMA®)	100 mg	25%
Zinc (from ZinMax® (Zinc Picolinate) and ZMA®)	30 mg	200%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper AAC*)	500 mcg	25%
Manganese (from Manganese AAC*)	3 mg	150%
Chromium (from Chromium Chelavite®)	200 mcg	167%
Molybdenum (from Molybdenum AAC*)	50 mcg	67%

Potassium (from Potassium Chloride) 50 mg 1%

Saw Palmetto Extract (Berries) (Serenia repens) (min. 40% Fatty Acids)	160 mg	†
Panax Ginseng Extract (Roots) (min. 5% Ginsenosides)	100 mg	†
ZMA®	55 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	50 mg	†
Kelp (Laminaria digitata) (Whole Plant)	45 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24% Ginkgolactone glycosides)	30 mg	†
Nettle Extract (Root) (Urtica dioica)	25 mg	†
Grape Seed Extract (Vitis vinifera) (Standardized for Polyphenols)	25 mg	†
Inositol (from Inositol Granules and Inositol Hexanicotinate)	25 mg	†
Bromelain (2400 GDU/g)	25 mg	†
Lipase (80,000 LU/g)	12.5 mg	†
Papain (2000 USP/mg)	12.5 mg	†
Amylase (5000 FCC/g)	5 mg	†
CoQ10 (as Ubiquinone)	5 mg	†
Lycopene (from Natural Tomato Extract)	1 mg	†
Boron (from Boron AAC*)	1 mg	†
Lutein (from FloraGLO®)	500 mcg	†
Vanadium (from Vanadium AAC*)	100 mcg	†

† Daily Value not established.

Other ingredients: Cellulose, Maltodextrin, Silica, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetable Coating.

Contains soy derivative. Contains no sugar, salt, wheat, gluten, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product. AAC* = Amino Acid Chelate

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

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