

ACTUAL SIZE



CODE 3878

V6

FloraGLO® is a registered trademark of Kemlin Industries, Inc.
Chromium Chelavite® is a registered trademark of Albion Labs.
Vcaps® is a registered trademark of Capsugel.
ZinMax® is a registered trademark of Nutrition 21.

ZMA® is a registered trademark of SNAC Systems, Inc. (patent pending) and is available from InterHealth Nutraceuticals, Inc.

SUGGESTED USAGE: As a dietary supplement, take 3 Vcaps® daily with food.



ADAM™

SUPERIOR MEN'S MULTI

with

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

90 Vcaps®

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 3 Vcaps® 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) (<i>Serenoa repens</i>) (min. 45% 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 (<i>Laminaria digitata</i>) (Whole Plant)	45 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24% Ginkgolactones)	30 mg	†
Nettle Extract (Root) (<i>Urtica dioica</i>)	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (min. 90% Total Polyphenols)	25 mg	†
Inositol (from Inositol Granules and Inositol Nicotinate)	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: Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source), Maltodextrin and Silica.

Contains soy derivative. Contains no sugar, salt, yeast, 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.

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

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