

NATURE'S BOUNTY

Your Life
MULTI

Men's 45+
Multivitamin/Multimineral
Specialty Formula

- with
- ▶ Vitamin D3 1000 IU
 - ▶ Selenium
 - ▶ Zinc
 - ▶ Ester-C®

90 Tablets

HIGH POTENCY
VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	2,500 IU 50%
Vitamin C (as Ester-C® Calcium Ascorbate)	60 mg 100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%
Calcium (as Calcium Carbonate and Ester-C® Calcium Ascorbate)	200 mg 20%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	200 mcg 286%

Amount Per Serving	%Daily Value
Choline (as Choline Bitartrate)	1 mg *
Fish Oil and Borage Oils (Containing Omega-3 and Omega-6 Lipids)	5 mg *
Lactobacillus Acidophilus	5 mg *
Active Vegetable and Fruit Blend	200 mg *
(Broccoli Extract, Cauliflower Extract, Carrot Extract, Kale Extract, Acai (<i>Euterpe oleracea</i>) (fruit), Blackberry Concentrate, Blueberry Extract (<i>Vaccinium spp.</i>) (fruit), Red Raspberry (<i>Rubus idaeus</i>) (leaf), Strawberry (<i>Fragaria virginiana</i>) (fruit), Beet Powder)	
Men's Complex Blend	60 mg *
(Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Wheat Germ (<i>Triticum aestivum</i>) (seed), Grapeseed Extract (<i>Vitis vinifera</i>) (seed), Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Pumpkin (<i>Cucurbita pepo</i>) (seed), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Lycopene)	

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat and fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder, anchovy, menhaden, sardine) ingredients.

DIRECTIONS: For adult men, take one (1) tablet one to two times daily, preferably with a meal.

No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Soy, No Yeast, No Shellfish.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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