



SWANSON
PREMIUM BRAND

bringing wellness to the world since 1969

Men's Prime Multi

Dietary Supplement

90 tablets



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet two times per day with food and water.
WARNINGS: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A USP (as beta-carotene)	3,000 IU	60%
Vitamin C USP (as ascorbic acid)	100 mg	167%
Vitamin D USP (as cholecalciferol)	50 IU	13%
Vitamin E USP (as d-alpha tocopheryl succinate)	60 IU	200%
Thiamin USP (vitamin B-1) (as thiamin HCl)	5 mg	333%
Riboflavin USP (vitamin B-2)	5 mg	294%
Niacinamide USP	5 mg	25%
Vitamin B-6 USP (as pyridoxine HCl)	5 mg	250%
Folic Acid USP	200 mcg	50%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	5 mcg	2%
Pantothenic Acid USP (as d-calcium pantothenate)	5 mg	50%
Iron [from TRAACS® Ferrochel® (ferrous bisglycinate chelate)]	5 mg	28%
Iodine (from kelp)	50 mcg	33%
Magnesium (from magnesium oxide)	50 mg	13%
Zinc (from TRAACS® zinc glycinate chelate)	15 mg	100%
Selenium (from Albion® amino acid complex)	100 mcg	143%
Copper (from copper gluconate)	2 mg	100%
Chromium (from TRAACS® chromium nicotinate glycinate chelate)	25 mcg	21%

Green Tea (leaves), 50 mg*; Pygeum (bark), 50 mg*; Saw Palmetto Extract (5% fatty acids), 50 mg*; Rulin, 25 mg*; Mulia Puana, 20 mg*; Tribulus terrestris Extract (20% saponins), 20 mg*; Korean Ginseng (5% ginsenosides) (root), 15 mg*; Nettles Extract (4:1), 15 mg*; Pumpkin Seed, 15 mg*; Inositol FOC, 10 mg*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to 25% anthocyanins), 5 mg*; Choline FOC (from choline bitartrate), 5 mg*; Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones), 5 mg*; PABA USP (para-aminobenzoic acid), 5 mg*; Coenzyme Q-10, 2 mg*; Lycopene Complex, 100 mcg*.

*Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, pharmaceutical glaze, calcium palmitate, silica, croscarmellose sodium, aca-cia, maltodextrin, hydroxypropyl cellulose, sucrose, cornstarch, hydroxypropyl meth-yllcellulose, sodium ascorbate, dl-alpha tocopherol, ascorbyl palmitate, gum arabic.

NOTE: May contain crustacean shellfish (lobster, shrimp and crab).

DISTRIBUTED BY: SWANSON HEALTH PRODUCTS, Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

TRAACS®, Ferrochel® and Albion® are registered trademarks of Albion Laboratories, Inc.



SW797