

Spring Valley™ Daily Vitamin Packs provide a simple and convenient solution to support your unique nutritional needs. Each pack is specially designed with high-quality, science-based formulas to provide the essential daily vitamins, minerals and fatty acids needed to help support optimal health.

Multivitamin



Multivitamin provides a full daily serving of essential vitamins and minerals to help fill nutritional gaps and support cellular, brain and eye health.*

Omega-3 Fish Oil



Omega-3 Fish Oil with EPA and DHA to support heart health. Contains MEG-3®, a high-quality, concentrated and naturally sourced fish oil.*

CoQ-10



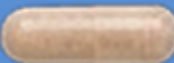
CoQ-10 for cellular energy production and antioxidant support.*

Saw Palmetto



Saw Palmetto, traditionally used for prostate health.*

Maca Extract



Maca Extract, traditionally used for stamina, energy and vitality.*

Vitamin D3



Vitamin D3, the same form created by your body through sunlight, to support bone and immune health.*

Vitamins shown at actual size.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



30 DAY SUPPLY

SPRING VALLEY™

DAILY VITAMIN PACK

Men 50+

DIETARY SUPPLEMENT



Vitamins shown at 60% of actual size.

♂ MEN'S HEALTH*

Formulated for cellular, heart and bone health and immune support.*

30 PACKETS

Men's Multivitamin

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	% Daily Value †	Amount Per Serving	% Daily Value †
Vitamin A (as beta-carotene)	5,000 IU 100%	Fruit & Veggie Blend	10 mg †
Vitamin C (as ascorbic acid)	300 mg 500%	(Acai powder (fruit), Apple powder (fruit), Blueberry powder (fruit), Broccoli powder (sprouts), Carrot powder (root), Cauliflower powder (floret, stem), Cranberry Fruit Powder, Elderberry powder (berries), Kale powder (aerial parts), Kiwi powder (fruit), Orange powder (peel), Papaya powder (fruit), Pineapple powder (fruit), Spinach powder (sprouts), Tomato powder (fruit))	
Vitamin D3 (as cholecalciferol)	1000 IU 250%	Amino Acid Blend	100 mg †
Vitamin E (as d-alpha-tocopheryl acetate)	30 IU 100%	(Taurine, L-Methionine, L-Glutamine, L-Arginine (as L-Arginine HCl), L-Carnitine (as L-Carnitine Tartrate))	
Vitamin K (as phytonadione)	80 mcg 100%	Alpha Lipoic Acid	50 mg †
Thiamine (Vitamin B1) (as thiamine mononitrate)	50 mg 333%	Green Tea Extract (Camellia sinensis leaf)	50 mg †
Riboflavin (Vitamin B2)	50 mg 2941%	Grape Seed Extract (Vitis vinifera seed)	25 mg †
Niacin (as niacinamide)	50 mg 250%	Pomegranate Extract (Punica granatum fruit)	25 mg †
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%	Choline (as choline bitartrate)	10 mg †
Folate (as folic acid)	400 mcg 100%	Inositol	10 mg †
Vitamin B12 (as cyanocobalamin)	50 mcg 833%	Black Pepper Extract (Piper nigrum fruit)	5 mg †
Biotin (as d-biotin)	300 mcg 100%	Silica (as silicon dioxide)	4 mg †
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%	Boron (as amino acid chelate)	2 mg †
Calcium (as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)	200 mg 20%	Lutein (Lagotis erecta flower)	1 mg †
Iodine (as potassium iodide)	150 mcg 100%	Lycopene	1 mg †
Magnesium (as magnesium oxide)	25 mg 6%	Vanadium (as vanadyl sulfate)	1 mg †
Zinc (as zinc oxide)	25 mg 167%	Astaxanthin	50 mcg †
Selenium (as amino acid chelate)	200 mcg 286%	Zeaxanthin	50 mcg †
Copper (as copper gluconate)	2 mg 100%		
Manganese (as manganese sulfate)	2 mg 100%		
Chromium (as amino acid chelate)	120 mcg 100%		
Molybdenum (as amino acid chelate)	75 mcg 100%		
Sodium	5 mg <1%		

†Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Sodium Carboxymethyl Cellulose, Modified Food Starch, Maltodextrin, Glycine, Dicalcium Phosphate, Tocopherols, Hydroxypropyl Cellulose, Magnesium Stearate, Palmitic Acid, Stearic Acid, Hydroxypropyl Methyl Cellulose, Cornstarch, Tartaric Acid, Glucose Syrup, Sodium Ascorbate Crystalline, Sucrose, Gum Arabic, Acacia, Medium Chain Triglycerides, Dextrin, Mineral Oil, Silicon Dioxide, Trisodium Citrate, Citric Acid.

Omega-3 Fish Oil

Amount Per Serving	% Daily Value
Serving Size 1 Softgel	
Calories 5	
Calories from Fat 5	
Fish Oil Concentrate	475 mg †
Provides 300 mg of Omega-3 Fatty Acids (as Ethyl Esters) including:	
EPA + DHA	285 mg †
Other Omega-3 Fatty Acids	15 mg †

†Daily Value not established.

OTHER INGREDIENTS: Fish Oil (Anchovies and/or Herring and/or Mackerel and/or Sardines), Gelatin, Glycerin, Water, Mixed Natural Tocopherols, CONTAINS FISH (ANCHOVIES, HERRING, MACKEREL AND SARDINES).

CoQ-10

Amount Per Serving	% Daily Value
Serving Size 1 Softgel	
Coenzyme Q-10	100 mg †

†Daily Value not established.

OTHER INGREDIENTS: Gelatin, Soybean Oil, Glycerin, Soy Lecithin, Titanium Dioxide, Chlorophyll.

Maca Extract

Amount Per Serving	% Daily Value
Serving Size 1 Capsule	
Magnesium (as Magnesium Aspartate)	30 mg 43%
Zinc (as Zinc Arginate)	15 mg 100%
Maca Root/Tubers Powder (Lepidium meyenii)	250 mg †
Grape Seed Extract (Vitis vinifera)	50 mg †
Yerba Mate Leaf Extract (Ilex paraguariensis)	50 mg †
Rhodola Rosea Root Extract	5 mg †

†Daily Value not established.

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Aspartic Acid, Hydroxypropyl Cellulose, Calcium Silicate, Magnesium Stearate, Palmitic Acid, Stearic Acid, Silicon Dioxide.

Vitamin D3

Amount Per Serving	% Daily Value
Serving Size 1 Softgel	
Vitamin D3 (as cholecalciferol)	1000 IU 250%

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Gum Oil.

Saw Palmetto

Amount Per Serving	% Daily Value
Serving Size 1 Softgel	
Calories 5	
Saw Palmetto Extract (Serenoa repens)	160 mg †

†Daily Value not established.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Tocopherols.

DISTRIBUTED BY:

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SUGGESTED USE: Adults, take one packet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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 59° - 86°F (15° - 30°C).

FOR YOUR PROTECTION, DO NOT USE IF OUTER WRAP IS MISSING OR TORN.

QUALITY GUARANTEED

Spring Valley™ products are produced under strict quality guidelines. If you are unhappy with this product, we'll replace it or refund your money. For questions or comments call 1-866-251-1662. Walmart.com/springvalley



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