

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 health, energy and metabolism.*

Omega-3 Fish Oil



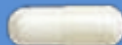
Omega-3 Fish Oil with EPA and DHA to support heart health. Contains MEG-3®, a high-quality, concentrated and naturally sourced fish oil.*

Green Tea Extract



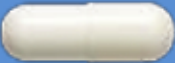
Green Tea Extract for additional antioxidant support. Naturally sourced from green tea leaves with important polyphenols such as EGCG (*Camellia sinensis*).*

L-Carnitine



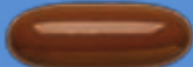
L-Carnitine helps the body turn fat into energy.*

L-Arginine



L-Arginine, for nitric oxide production in blood vessels.*

L-Glutamine



L-Glutamine, a building block for muscle protein synthesis.*

Vitamin D3



Vitamin D3, the same form created by your body through sunlight, to support bone, muscle 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.

SPRING VALLEY™

DAILY VITAMIN PACK

Active Men

DIETARY SUPPLEMENT



Vitamins shown at 60% of actual size.

MEN'S HEALTH*

Formulated for cellular health, energy and metabolism and muscle function.*

30 PACKETS

30 DAY SUPPLY



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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 (flower, 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 dl-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 3333%	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 †
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%	Silica (as silicon dioxide)	4 mg †
Calcium (as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)	200 mg 20%	Boron (as amino acid chelate)	2 mg †
Iodine (as potassium iodide)	150 mcg 100%	Lutein (Taraxacum officinale) (flower)	1 mg †
Magnesium (as magnesium oxide)	25 mg 6%	Lycopene	1 mg †
Zinc (as zinc oxide)	25 mg 167%	Vanadium (as vanadyl sulfate)	1 mg †
Selenium (as amino acid chelate)	200 mcg 286%	Astaxanthin	50 mcg †
Copper (as copper gluconate)	2 mg 100%	Zeaxanthin	50 mcg †
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%		

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

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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, Methyl Natural Tocopherols, CONTAINS FISH (ANCHOVIES, HERRING, MACKEREL AND SARDINES).

Green Tea Extract

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Green Tea Leaf Extract (Camellia sinensis) (Total Polyphenols = 220 mg) (EGCG = 125 mg)	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Maltodextrin, Dicalcium Phosphate, Hydroxypropyl Cellulose, Palmitic Acid, Magnesium Stearate, Stearic Acid.

L-Glutamine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Glutamine	600 mg †

†Daily Value not established.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Carob Extract, Beeswax, Palm Oil, Titanium Dioxide.

L-Carnitine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Carnitine	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Tartaric Acid, Gelatin, Talc, Palmitic Acid, Stearic Acid, Silica, Magnesium Stearate.

Vitamin D3

Supplement Facts

Serving Size 1 Softgel

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

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

L-Arginine

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
L-Arginine	500 mg †

†Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Palmitic Acid, Sodium Sulfate.

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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
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