

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 D<sub>3</sub>

Vitamin D<sub>3</sub>, 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.



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**30 DAY SUPPLY**

**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**

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 D <sub>3</sub> (as cholecalciferol)	1000 IU 250%	Amino Acid Blend	100 mg †
Vitamin E	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 B <sub>1</sub> )	50 mg 3333%	Green Tea Extract	50 mg †
(as thiamine mononitrate)		( <i>Camellia sinensis</i> (leaf))	
Riboflavin (Vitamin B <sub>2</sub> )	50 mg 2941%	Grape Seed Extract	25 mg †
Niacin (as niacinamide)	50 mg 250%	( <i>Vitis vinifera</i> (seed))	
Vitamin B <sub>6</sub> (as pyridoxine HCl)	50 mg 2500%	Pomegranate Extract	25 mg †
Folate (as folic acid)	400 mcg 100%	( <i>Punica granatum</i> (fruit))	
Vitamin B <sub>12</sub> (as cyanocobalamin)	50 mcg 833%	Choline (as choline bitartrate)	10 mg †
Biotin (as d-biotin)	300 mcg 100%	Inositol	10 mg †
Pantothenic Acid	50 mg 500%	Black Pepper Extract ( <i>Piper nigrum</i> (fruit))	5 mg †
(as d-calcium pantothenate)		Silica (as silicon dioxide)	4 mg †
Calcium	200 mg 20%	Boron (as amino acid chelate)	2 mg †
(as calcium carbonate, dicalcium phosphate, d-calcium pantothenate)		Lutein (from <i>Lutein</i> (flower))	1 mg †
Iodine (as potassium iodide)	150 mcg 100%	Lycopene	1 mg †
Magnesium	25 mg 6%	Vanadium (as vanadyl sulfate)	1 mg †
(as magnesium oxide)		Astaxanthin	50 mcg †
Zinc (as zinc oxide)	25 mg 167%	Zeaxanthin	50 mcg †
Selenium (as amino acid chelate)	200 mcg 286%		
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, Glycerin, Dicalcium Phosphate, Tocopherols, Hydroxypropyl Cellulose, Magnesium Stearate, Palmitic Acid, Stearic Acid, Hydroxypropyl Methyl Cellulose, Comstarch, 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, Mixed 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	500 mg †
( <i>Camellia sinensis</i> ) (Total Polyphenols = 220 mg) (EGCG = 125 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, Carb 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 D<sub>3</sub>

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	1000 IU 250%

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Com 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**  
For questions or comments call 1-866-251-1662.  
Walmart.com/springvalley



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