



DAILY

Men's Pack

Vitamin Supplement Program
For MenMULTIVITAMIN AND
MINERAL SUPPLEMENT

Actual Size

**Vitamin E 400 IU
ANTIOXIDANT & ESSENTIAL NUTRIENT**Vitamin E is an antioxidant and essential nutrient for many cells, including heart muscle cells.[†]**Selenium 50 mcg
ANTIOXIDANT SUPPORT - HELPS NEUTRALIZE FREE RADICALS**Selenium based enzymes help protect cells from free radicals (oxidants) thought to be responsible for cellular damage.[†]**Vitamin C 250 mg
ANTIOXIDANT - HELPS SUPPORT THE IMMUNE SYSTEM**Vitamin C helps neutralize free radicals and helps iron get absorbed in the body.[†]**B-Complex Vitamins with C
B VITAMINS HELP CONVERT FOOD INTO CELLULAR ENERGY**Addition of Vitamin C - an antioxidant - helps support the immune system and helps the body absorb iron.[†]**Multivitamin/Multimineral
HIGH POTENCY FORMULA**

Multivitamin/Multimineral tablet provides 30 vitamins and minerals.

[†] 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.

List No: 1025 P200 Cat. 112 1A107

Lot:
Exp.:

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For Men

- No Color Added
- No Artificial Flavors
- No Preservatives
- Gluten Free

Suggested Use: Take the contents of one packet daily, with a meal. For easier swallowing, take with water before and during ingestion.

Store in a cool, dry place, out of the reach of children.

Do not use product if packets printed with lot number are opened.

CAUTION: These packets contain Vitamin E. Consult your physician before taking this product if you have vascular disease (such as heart disease or history of stroke) or diabetes, are pregnant or nursing, taking medication, facing surgery, have bleeding problems, or undergoing any treatment which may affect the ability of blood to clot.



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Vitamin Supplement Program For Men

5 SUPPLEMENTS
PER PACKETVitamin E
Selenium
Vitamin C
B-Complex
Multivitamin30 PACKETS | 30 DAY SUPPLY
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Packet

Amount Per Packet	% Daily Value
Vitamin A (as Vitamin A Acetate) 3000 IU	60%
Vitamin C (as Ascorbic Acid) 675 mg	1117%
Vitamin D (as Cholecalciferol) 400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate) 400 IU	1000%
Vitamin K (as Phylloquinone) 10 mcg	13%
Thiamin (as Thiamin Mononitrate) 18 mg	1200%
Riboflavin 13.6 mg	900%
Niacin (as Nicotinamide) 30 mg	250%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 8 mg	400%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 25 mcg	417%
Biotin 30 mcg	30%
Pantothenic Acid (as d-Calcium Pantothenate) 20 mg	200%
Calcium (from Calcium Carbonate, Dibasic Calcium Phosphate & d-Calcium Pantothenate) 260 mg	27%
Phosphorus (as Dibasic Calcium Phosphate) 48 mg	9%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 100 mg	25%
Zinc (as Zinc Oxide) 15 mg	100%
Selenium (as Sodium Selenate & Sodium Selenite) 100 mcg	143%
Copper (as Copper Oxide) 2 mg	100%
Manganese (as Manganese Sulfate) 2 mg	100%
Chromium (as Chromium Chloride) 120 mcg	100%
Molybdenum (as Sodium Molybdate) 25 mcg	33%
Chloride (as Potassium Chloride) 72 mg	2%
Potassium (as Potassium Chloride) 80 mg	2%
Boron (as Sodium Borate) 150 mcg	*
Nickel (as Nickelous Sulfate) 5 mcg	*
Silicon (as Silicon Dioxide & Sodium Metasilicate) 2 mg	*
Tin (as Stannous Chloride) 16 mcg	*
Vanadium (as Sodium Metavanadate) 16 mcg	*
Lutein 250 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose Gel, Gelatin, Glycerin, Hypromellose, Starch (Corn & Tapioca), Croscarmellose Sodium, Water, Dried Yeast, Magnesium Stearate, Croscopolone, Methylcellulose, Stearic Acid, Polyethylene Glycol.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91345-9008, U.S.A.
1-800-276-2678 • www.NatureMade.com

Men's Pack Tablets and Softgels are made to Nature Made's guaranteed purity and potency standards.

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