

swanson.com

or call 1-800-437-4148

- Vitamins and minerals from real food sources
- Trio of herbs to aid in stress, prostate and bladder health*
- 100% vegan & non-GMO

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take three veggie capsules per day with water.

Aquamin™ is a trademark of Marigot Limited.

Biogurt™ is a trademark of Grow Company®, Inc.

Earthlight® is a registered trademark of PLT Health Solutions, Inc. International patents pending.

PANMOL® B-COMPLEX is protected under US Patent 86 79 555 and is a registered trademark of *vis vitalis gmbh*.

Sensoril® is protected under US Patents 6,153,198 and 7,318,938 and is a registered trademark of Natreon, Inc.

WARNING: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

*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.

SWANSON™

Real Food
Multi

IRON-FREE FORMULA
Promotes Male Vitality*

MEN'S DAILY

DIETARY SUPPLEMENT | 90 VEGGIE CAPSULES

Supplement Facts

Serving Size 3 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as vegetarian natural beta-carotene).....	1501 mcg RAE..... 167%
Vitamin C (from acerola extract).....	45 mg..... 50%
Vitamin D (as ergocalciferol from Earthlight® Whole Food (from Agaricus bisporus)).....	7.5 mcg..... 38%
Vitamin E [(from Biogurt™) (Lactobacillus bulgaricus)].....	33.5 mg..... 223%
Vitamin K2 (from natto).....	50 mcg..... 42%
Thiamin [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	0.75 mg..... 63%
Riboflavin [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	0.84 mg..... 65%
Niacin [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	10 mg NE..... 63%
Vitamin B-6 [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	1 mg..... 59%
Folate [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	200 mcg DFE..... 50%
Vitamin B-12 [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	3 mcg..... 125%
Biotin [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	150 mcg..... 500%
Pantothenic Acid [(from PANMOL® B-COMPLEX) (from Quinoa sprouts)].....	5 mg..... 100%
Calcium [(from Aquamin™ algae minerals (from Lithothamnion spp.)).....	128 mg..... 10%
Iodine (from kelp).....	75 mcg..... 50%
Magnesium [(from Aquamin™ algae minerals (from Lithothamnion spp.)).....	9 mg..... 2%
Sensoril® Ashwagandha (Withania somnifera) (root and leaf extract).....	125 mg..... *
Pumpkin Seed Extract (Curcubita pepo).....	50 mg..... *
Saw Palmetto Extract (Serenoa repens) (fruit).....	50 mg..... *

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice bran, rice extract blend, rice concentrate.
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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