Supplement Facts

Amount Per Serving		%Daily Value*	
Vitamin A (as beta-carotene, vitamin A palmitate, mixed carotenoic	ds) 10,000 IU	10,000 IU 200%	
Vitamin C (as ascorbic acid)	500 mg	833%	
Vitamin D (as cholecalciferol)	1,500 IU	375%	
Vitamin E (as d-alpha tocopheryl succinate)	150 IU	500%	
Vitamin K (as phytonadione)	80 mcg	100%	
Thiamin (as thiamin hydrochloride)	75 mg	5000%	
Riboflavin	75 mg	4412%	
Niacin (as niacinamide)	75 mg	375%	
Vitamin B _s (as pyridoxine hydrochloride)	50 mg	2500%	
Folic Acid	400 mg	100%	
Vitamin B ₁₂ (as cyanocobalamin)	75 mog	1250%	
Biotin	300 mcg	100%	
Pantothenic Acid (as d-calcium pantothenate)	75 mg	750%	
Calcium (as dicalcium phosphate)	30 mg	3%	
lodine (as potassium iodide)	150 mcg	100%	
Magnesium (as magnesium oxide)	40 mg	10%	
Zinc (as zinc oxide)	15 mg	100%	
Selenium (as selenomethionine)	200 mcg	286%	
Copper (as copper sulfate)	3 mg	150%	
Manganese (as manganese sulfate)	3 mg	150%	
Chromium (as chromium chloride)	120 mcg	100%	
Molybdenum (as sodium molybdate)	75 mcg	100%	
RIVALMEN Recovery Blend	1 g		
Micronized L-Leucine, L-Glutamine, Micronized Isoleucine, Micronized L-Valine, Black Tea Leaf Extract, Meren Tea Leaf Extract, Papain, Bromelain, Blueberry Fruit Powder, Grape Seed Extract, Pomegranate Fruit Powder, Apple Fruit Powder, Astaxanthin	.,,		
RIVALMEN Daily Support Complex	470 mg	+	
L-Tyrosine, Panax Ginseng (root), Ginkgo Biloba (leaf), Raspberry Fruit Powder, Blackberry Fruit Powder, Elderberry Fruit Powder, Choline Bitartrate, Alpha Lipoic Acid, Black Currant Fruit Powder			
Silica (as silicon dioxide)	25 mg	+	
Boron (as sodium borate)	5 mg	+	
Black Pepper Seed Extract (Bioperine®)	5 mg	+	
Lycopene	500 mcg	+	
Lutein	500 mcg	+	
Alpha Carotene	125 mcg	+	
Cryptoxanthin	25 mcg	+	

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