CoQ-10

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Coenzyme Q-10 (as Ubiquinone)	100 mg	*

* Daily Value not established.

Other ingredients: Rice flour, vegetable capsule (hypromellose), silicon dioxide, calcium silicate, magnesium stearate.

B-Complex 100

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	625%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5880%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	100 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, natural vanilla flavor.

Vitamin D3

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%

Other ingredients: Safflower oil, gelatin, glycerin, purified water.

Contains: Fish (sardine, anchovy) and Soy.

Does not contain: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

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.

Contents may vary slightly in color and size. This does not reflect a variation in potency.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if a packet is torn or open.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

DIRECTIONS:
Take one Men's Complete Vitamin Pack daily with a meal.

Item No. VS-3396 2040939

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One Daily Men's Multi
Provides a convenient, full daily serving or more of many essential vitamins & minerals.

Omega 3 Fish Oil
Provides EPA & DHA to help support cardiovascular, brain & eye health.

CoQ-10
100 mg for energy production and antioxidant support.

Vitamin C 1000 with Rose hips
1000 mg to help with immune, cardiovascular & antioxidant support.

B-Complex 100
B-Complex formula to help support energy production, nervous system function & nutrient metabolism.

Vitamin D3 1000 IU
Vitamin D3 for bone health & immune support.

Pills Shown Actual Size

Men's Complete provides you with the nutrients you need to get through your busy day. Our convenient, once-daily packs support a man's needs, with a high potency combination of vitamins, minerals, antioxidants, herbs and more to help fill nutritional gaps.

theVitamin Shoppe®

Men's Complete Vitamin Packs

energy production˅ | antioxidant˅
immune˅ | men's health˅

30 Packets Day Supply | Dietary Supplement

Daily Multivitamin

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	45 mcg	40%
Thiamin (Vitamin B1) (as thiamin mononitrate)	25 mg	2080%
Riboflavin (Vitamin B2)	25 mg	1920%
Niacin (Vitamin B3)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1470%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as calcium carbonate)	123 mg	10%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	20 mg	180%
Selenium (as selenium amino acid chelate)	150 mcg	270%
Copper (as copper sulfate)	2 mg	220%
Manganese (as manganese sulfate)	5 mg	220%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	170%
Potassium (as potassium chloride)	75 mg	2%
Saw Palmetto Extract (*Serenoa repens*(berry))	80 mg	*
Antioxidant Health Blend	25 mg	*
8.33 mg Trans Resveratrol		
8.33 mg *Rhodiola rosea* Extract (root)		
8.33 mg Coenzyme Q10		
Inositol	25 mg	*
Citrus Bioflavonoids (*Citrus spp.*(pulp and peel))	25 mg	*
Black Pepper Concentrate	5 mg	*
Boron (as boron amino acid complex)	1 mg	*
Lycopene	350 mcg	*
Lutein	250 mcg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, riboflavin (color), titanium dioxide (color), spirulina extract (color).

Omega 3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%†
Cholesterol	2 mg	1%†
Vitamin E (as d-alpha tocopherol)	3 mg	20%
Fish Oil Concentrate providing:	1000 mg	*
EPA (Eicosapentaenoic Acid)	300 mg	
DHA (Docosahexaenoic Acid)	200 mg	

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Vitamin C with Rose Hips

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	1000 mg	1110%
Rose Hips (*Rosa canina*)(fruit)	10 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.