

Supplement Facts

Serving Size 2 Tablets, Servings Per Container 30

Amount Per Serving		%DV	Amount Per Serving
Amount Per Serving Vitamin A (as beta carotene) Vitamin C (as ascorbic acid) Vitamin D3 (as cholecalciferol from lichen) Vitamin E (as d-alpha tocopheryl succinate) Vitamin K (as phytonadione) Thiamin (vitamin B1) (as thiamine HCl) Riboflavin (vitamin B2) Niacin (as niacinamide) Vitamin B6 (as pyridoxine HCl) Folate (as calcium-L-5- methyltetrahydrofolate) Vitamin B12 (as methylcobalamin) Biotin Pantothenic Acid (as calcium pantothenate) Calcium (as aminoate complex) lodine (from kelp) Magnesium (as aminoate complex) Selenium (as aminoate complex) Copper (as aminoate complex) Manganese (as aminoate complex) Chromium (as polynicotinate***) Molybdenum (as aminoate complex)	500 mg 100 IU 200 IU 150 mcg 75 mg 75 mg 75 mg 400 mcg 200 mcg 300 mcg 60 mg 250 mg 150 mcg 125 mg 30 mg 100 mcg 1 mg 2 mg	200% 833% 25% 667% 188% 5000% 4412% 375% 3750% 100%	Choline (as bitartrate)
Spirulina	250 mg 60 mg	† †	flower extract)

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, vegetable cellulose, stearic acid, magnesium stearate, silica, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, potassium iodide and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

Nutritional Support for Natural Energy Production and Overall Well-Being in Men.*

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement for men only, two tablets once daily.

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

*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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