

Suggested Use: As a dietary supplement, take two (2) Capsules in the morning with meal.

CAUTION: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

Vital One Men's Multivitamin provides the perfect amount of vitamins, minerals, antioxidants, and herbs for the unique needs of men. In today's fast-paced world, many men do not get the daily recommended allowance of vitamins, minerals and other nutrients. Vital One helps to bridge the nutrient gap in your diet. It offers immune support, boosts energy, and mental alertness by providing your body with all it needs. Get exactly what you need with a formula that is made specifically for you.*

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
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.

Lot # and expiration date printed on bottom of bottle. V4R6

ARAZO NUTRITION

VITAL ONE MEN

COMPLETE MULTIVITAMIN

SUPERFOODS BLEND

**Garden Greens • Whole Foods
Herbs • Fruits • Berries • Seeds**

**4 Essential Herbs for Male Vitality*
7 Powerful Fruit & Berry Antioxidants*
4 Natural Herbs for Immune Health & Energy*
PLUS 20 Vital Multivitamins***

GMP Certified • Lactose Free • Gluten Free Ingredients

150 CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 75

Amount per Serving	%DV	Amount per Serving	%DV
Vitamin A (Beta-Carotene)	2000IU 40%	Male Vitality Blend	170mg **
Vitamin C (Ascorbic Acid)	150mg 250%	Lutein	
Vitamin D (Cholecalciferol)	400IU 100%	Lycopene	
Vitamin E	30IU 100%	Urtica Dioica extract	
(Di-Alpha Tocopheryl Acetate 50%)		Saw Palmetto	
Vitamin B1	7mg 466%	Immune Health Blend	110mg **
(Thiamine Mononitrate)		Echinacea	
Vitamin B2 (Riboflavin)	7.5mg 440%	Beta Glucan	
Vitamin B3 (Niacin)	30mg 150%	Spirulina	
Vitamin B6 (Pyridoxine HCL)	7.5mg 375%	Garlic	
Folic Acid	400mcg 100%	Antioxidant Fruit & Energy Blend	187mg **
Vitamin B12	27mcg 450%	Green Tea	
(Cyanocobalamin)		Hawthorn Berries	
Biotin	300mcg 100%	Cinnamon Bark Extract	
Vitamin B5	10mg 100%	Bilberry Fruit Extract	
(D-Calcium Pantothenate)		Grape Seed Extract	
Calcium (Carbonate 38%)	50mg 5%	Black Currant Fruit Extract	
Magnesium (Oxide 58%)	50mg 12.5%	Pomegranate Fruit Extract	
Zinc (Oxide 80%)	15mg 100%		
Selenium (AAC 0.2%)	30mcg 42%		
Copper (gluconate 13%)	2mg 100%		
Manganese (chelate 20%)	2mg 100%		
Chromium (Picolinate 20%)	120mcg 100%		
Molybdenum (1% Tril.)	75mcg 100%		

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.



MANUFACTURED FOR:
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