

No added Salt.



For Health & Lifestyle*

MULTIVITAMIN &
MULTIMINERAL SUPPLEMENT

90 TABLETS



Mega Multi for Men includes a full spectrum of antioxidants, vitamins and minerals that support men's health.*

*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.

Proudly Manufactured by
21ST Century HealthCare, Inc.
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500.506-0718N



21ST
CENTURY.

Mega Multi For Men

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (100% as Betaetene® Beta-Carotene)	3,000 mcg 333%
Vitamin C (as Ascorbic Acid)	300 mg 333%
Vitamin D ₃ (as Cholecalciferol)	5 mcg (200 IU) 25%
Vitamin E (as d-Alpha Tocopheryl Succinate)	67 mg 447%
Vitamin K (as Phylloquinone)	75 mcg 63%
Thiamin (as Thiamin Mononitrate, B-1)	30 mg 2,500%
Riboflavin (Vitamin B-2)	30 mg 2,308%
Niacin (as Niacinamide)	30 mg 188%
Vitamin B-6 (as Pyridoxine HCl)	30 mg 1,765%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	30 mcg 1,250%
Biotin	250 mcg 833%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 600%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Citrate & Dicalcium Phosphate)	210 mg 16%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	25 mg 227%
Selenium (as Selenium Yeast)	100 mcg 182%
Copper (as Copper Oxide)	2 mg 222%
Manganese (as Manganese Gluconate)	5 mg 217%
Chromium (as Chromium Picolinate)	50 mcg 143%
Silica (as Silicon Dioxide)	10 mg **
Inositol	10 mg **
Para-Aminobenzoic Acid	10 mg **
Cris Bioflavonoids Complex	25 mg **
Damiana (Turnera aphrodiasiacae)leaf	70 mg **
Korean Ginseng Extract (Panax ginseng)root	70 mg **
Oat Straw (Avena sativa)root	70 mg **
Deodorized Garlic (Allium sativum)root	70 mg **
Oyster Extract	50 mg **
Saw Palmetto (Serenoa repens)berry	50 mg **
L-Cysteine HCl	50 mg **
Nettle (Urtica dioica)leaf	30 mg **
Pumpkin (Cucurbita pepo)seed	30 mg **
dl-Methionine	10 mg **
Alpha-Lipoic Acid	5 mg **
Lutein	500 mcg **
Lycopene	350 mcg **

** Daily Value not established

Other Ingredients: Maltodextrin, Stearic Acid, Hydroxypropyl Methylcellulose, Cellulose, Brewers Yeast, Gum Fiber, Gelatin. **Contains c2% of Acetyl Palmitate, BHA, BHT, Sodium Sulfate, Gum Arabic, Ethylcellulose, Gum Arabic, Magnesium Stearate, Mannitol, Natural Vanilla Flavor, PEG, Poly sorbate, Polyvinyl Alcohol, Silicon Dioxide, Sodium Ascorbate, Soy Oil, Sorbitol, Sucrose, Sugar, Talc, Vegetable Oil, Vitamin E Oil, Water.** **Contains shellfish (oyster), wheat and soy. Betatene® is a registered trademark of Cognis IP Management GmbH.**