



**SWANSON**  
PREMIUM BRAND  
bringing wellness to the world since 1969

# Men's Prime Multi

Dietary Supplement

90 tablets



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

**SUGGESTED USE:** As a dietary supplement, take one tablet two times per day with food and water.

**WARNINGS:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**NOTE:** May contain crustacean shellfish (lobster, shrimp and crab).

## Supplement Facts

Serving Size 1 Tablet

|                                                                    | Amount Per Serving | % Daily Value |
|--------------------------------------------------------------------|--------------------|---------------|
| Vitamin A USP (as beta-carotene).....                              | 3,000 IU           | 60%           |
| Vitamin C USP (as ascorbic acid).....                              | 100 mg             | 167%          |
| Vitamin D USP (as cholecalciferol).....                            | 50 IU              | 13%           |
| Vitamin E USP (as d-alpha tocopheryl succinate).....               | 60 IU              | 200%          |
| Thiamin USP (as thiamin HCl) (vitamin B-1).....                    | 5 mg               | 333%          |
| Riboflavin USP (vitamin B-2).....                                  | 5 mg               | 294%          |
| Niacinamide USP.....                                               | 5 mg               | 25%           |
| Vitamin B-6 USP (as pyridoxine HCl).....                           | 5 mg               | 250%          |
| Folic Acid USP.....                                                | 200 mcg            | 50%           |
| Vitamin B-12 USP (as cyanocobalamin).....                          | 50 mcg             | 833%          |
| Botin USP.....                                                     | 5 mcg              | 2%            |
| Pantothenic Acid USP (as d-calcium pantothenate).....              | 5 mg               | 50%           |
| Iron (from TRAACS® Ferrochel® (ferrous bisglycinate chelate))..... | 5 mg               | 28%           |
| Iodine (from kelp).....                                            | 50 mcg             | 33%           |
| Magnesium (from magnesium oxide).....                              | 50 mg              | 13%           |
| Zinc (from TRAACS® zinc glycinate chelate).....                    | 15 mg              | 100%          |
| Selenium (from Albion® amino acid complex).....                    | 100 mcg            | 143%          |
| Copper (from copper gluconate).....                                | 2 mg               | 100%          |
| Chromium (from TRAACS® chromium nicotinate glycinate chelate)..... | 25 mcg             | 21%           |

Green Tea (leaves), 50 mg\*; Pygeum (bark), 50 mg\*; Saw Palmetto Extract (5% fatty acids), 50 mg\*; Rulin, 25 mg\*; Muira Puama, 20 mg\*; Tribulus terrestris Extract (20% saponins), 20 mg\*; Korean Ginseng (5% ginsenosides) (root), 15 mg\*; Nettles Extract (4:1), 15 mg\*; Pumpkin Seed, 15 mg\*; Inositol FCC, 10 mg\*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to 25% anthocyanins), 5 mg\*; Choline FCC (from choline bitartrate), 5 mg\*; Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones), 5 mg\*; PABA USP (para-aminobenzoic acid), 5 mg\*; Coenzyme Q10, 2 mg\*; Lycopene Complex, 100 mcg\*.

\*Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, pharmaceutical glaze, calcium palmitate, silica, croscarmellose sodium, acacia, maltodextrin, hydroxypropyl cellulose, sucrose, cornstarch, hydroxypropyl methylcellulose, sodium ascorbate, dl-alpha tocopherol, ascorbyl palmitate, gum arabic.

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TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)

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