



VitaCOST Men's Total Health Multi-Vitamin Description:
New name - same high quality VitaCOST product!
Full-spectrum, sustained release multi-vitamin and mineral formula for active men. Enhanced with a special amino acid blend and antioxidant including green tea, lycopene, lutein and more.
What is VitaCOST The Men's Total Health Multi-Vitamin?

VitaCOST The Men's Total Health Multi-Vitamin provides 22 essential vitamins and minerals plus amino acids, antioxidants and a unique fruit and veggie blend formulated especially for men. This advanced, sustained release formula features controlled delivery of nutrients for effective absorption and continual, all-day nutritional support. Besides supplying 100% or more of the Daily Value for 20 vitamins and minerals, VitaCOST The Men's Total Health Multi-Vitamin features:

Amino Acid Blend including taurine, L-methionine, L-glutamine, L-arginine (HCl) and L-carnitine (as L-tartrate)
Fruit and Veggie blend with a citrus bioflavonoid complex, papaya, pumpkin, spinach, elderberry, pineapple and orange
Antioxidants such as green tea extract, lycopene (from Lycopodium obscurum), alpha lipoic acid, grape seed extract, pomegranate extract, lutein, zeaxanthin and more

How does VitaCOST The Men's Total Health Multi-Vitamin support health?
 A good source of powerful antioxidants (such as vitamins C and E plus green tea, alpha lipoic acid, selenium and more) that can help protect the body's cells from free radical damage.
 Contains 1,000 IU of the superior form of vitamin D per 2-tablet serving.
 Contains vitamin K to promote strong bones.
 Provides 100% or more of the Daily Value for 20 vitamins and minerals.

Supplement Facts

Serving Size: 2 Tablets
 Servings per Container: 45

	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-carotene and 50% as Vitamin A acetate)	5000 IU	100%
Vitamin C (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)	300 mg	500%
Vitamin D (as cholecalciferol, D3)	1000 IU	250%
Vitamin E (as alpha-tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (B1 as thiamin mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B2)	50 mg	2,941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	500%
Calcium (as calcium carbonate, dicalcium phosphate, calcium ascorbate)	320 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide,	25 mg	6%

magnesium ascorbate)		
Zinc (as zinc ascorbate, zinc oxide)	25 mg	167%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as chromium nicotinate glycinate chelate) TRAACS®	120 mcg	100%
Molybdenum (as molybdenum glycinate chelate) TRAACS®	75 mcg	100%
Fruit & Veggie Blend powder: Citrus Bioflavonoid Complex, Carrot (root), Papaya (fruit), Orange (fruit), Pineapple (fruit), Pumpkin (seed), spinach (leaf), Elderberry (fruit).	105 mg	*
Amino Acid Blend: Taurine, L-Methionine, L-Glutamine, L-Arginine HCl, L-Carnitine tartrate)	100 mg	*
Alpha-Lipoic Acid	50 mg	*
Green Tea Extract (leaf) (standardized for 95% polyphenols, 45% EGCG (epigallocatechin-3P-gallate)	50 mg	*
Grape Seed Extract (standardized for 95% proanthocyanidins)	25 mg	*
Pomegranate Extract (fruit) (standardized to 40% ellagic acid)	25 mg	*
Choline (as choline bitartrate)	10 mg	*

Inositol	10 mg	*
Black Pepper Extract (fruit) (standardized to 95% piperine) BioPerine®	0	*
Silica (as silicon dioxide)	4 mg	*
Boron (as bororganic glycine)	2 mg	*
Lutein (Aztec marigold flower standardized extract) FloraGLO®	1 mg	*
Lycopene (fruit) (from tomato lycopene complex) Lyc-O-Mato®	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Astaxanthin (extract of Haematococcus pluvialis microalgae)	50 mcg	*
Zeaxanthin (Aztec marigold flower standardized extract) FloraGLO®	50 mcg	*
*Daily value not established.		

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate and vegetable glycerin.
Contains: Soy.
 Warnings

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. **Keep out of reach of children.**

Why choose VitaCOST The Men's Total Health Multi-Vitamin?

Specially designed to meet the nutritional needs of men.
 Contains antioxidants and amino acids not typically present in most multi-vitamins.
 Contains high quality, standardized ingredients.
 Sustained-release formula.
 Easy to swallow
 Contains 45 servings per bottle.
 Exceptional quality at an extraordinary value!

About VitaCOST

VitaCOST nutritional products are manufactured to high standards of quality, efficacy and safety. Each VitaCOST product meets or exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).

*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.

Directions

As a dietary supplement for adults 18 years of age and over, take 2 tablets daily with food, or as directed by a healthcare professional.

Keep dry and at room temperature (59° - 86° F [15° - 30° C]).

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, fish, titanium dioxide.

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