

ESPECIALLY FOR MEN®

energy production[▼]

immune support[▼]

antioxidant support[▼]

prostate health[▼]

MULTIVITAMIN • MULTIMINERAL

Dietary Supplement **120** Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (as 50% retinyl acetate and 50% beta carotene)	3000 mcg RAE (10000 IU)	330%
Vitamin C (as ascorbic acid)	30 mg	35%
Vitamin D (as cholecalciferol)	5 mcg (200 IU)	25%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	450%
Vitamin K (as phytonadione)	75 mcg	60%
Thiamin (Vitamin B1)(as thiamin mononitrate)	30 mg	2500%
Riboflavin (Vitamin B2)	30 mg	2310%
Niacin (as niacinamide)	30 mg NE	190%
Vitamin B6 (as pyridoxine HCl)	30 mg	1760%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	30 mcg	1250%
Biotin (as d-biotin)	250 mcg	830%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as dicalcium phosphate)	220 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc oxide)	25 mg	230%
Selenium (as selenium amino acid chelate)	100 mcg	180%
Copper (as copper sulfate)	2 mg	220%
Manganese (as amino acid chelate)	5 mg	220%
Chromium (as amino acid chelate)	50 mcg	140%
Chloride (as potassium chloride)	27 mg	2%

	Amount Per Serving	% Daily Value
Potassium (as potassium chloride)	30 mg	<2%
Damiana Leaf Powder (<i>Turnera diffusa</i>)	70 mg	*
Panax Ginseng 4:1 extract (root)	70 mg	*
Oat Straw Powder	70 mg	*
Citrus Bioflavonoid Complex	50 mg	*
Garlic (odorless) (<i>Allium sativum</i>)(bulb)	50 mg	*
L-Cysteine HCl	50 mg	*
Prostate Powder (from bovine)	50 mg	*
Saw Palmetto powder (berry)	50 mg	*
Pumpkin Seed (<i>Cucurbita pepo</i>) Powder	30 mg	*
Stinging Nettle Leaf Powder	30 mg	*
Inositol	10 mg	*
DL-Methionine Powder	10 mg	*
PABA (para-aminobenzoic acid)	10 mg	*
Alpha-Lipoic Acid	5 mg	*
Lycopene (as Lyc-O-Mato® tomato extract)	1 mg	*

*Daily Value not established.

▼ 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.

LYC-O-MATO® is a registered trademark of Lycopodium

OTHER INGREDIENTS: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, aqueous coating.

DIRECTIONS: Take two (2) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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