



MEGA TOTAL VITES FOR MEN



Multi Vitamin & Minerals
with Energy & Antioxidant Blend

90 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets
Serving Per Container: 45

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta-Carotene and Retinyl Palmitate)	1500 mcg 167%	Inositol	10 mg *
Vitamin C (as Ascorbic Acid)	300 mg 333%	Silica (as silicon dioxide)	12 mg *
Vitamin D3 (as Cholecalciferol)	50 mcg (2,000 IU) 250%	Boron (as boron citrate, boron aspartate & boron glycinate)	2 mg *
Vitamin E (as natural d-Alpha Tocopheryl succinate)	13.42 mg 89%	Lutein	20 mcg *
Thiamin (Vitamin B-1) (as Thiamin hydrochloride)	50 mg 4,167%	Lycopene	20 mcg *
Riboflavin (Vitamin B-2)	50 mg 3,846%	Vanadium (as vanadium amino acid chelate)	10 mcg *
Niacin (as Niacinamide)	50 mg 313%	Amino Acid Blend: (L-Taurine, L-Glutamine, L-Arginine HCl, Acetyl L-Carnitine HCl, L-Carnitine, N-acetyl cysteine)	130 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%	Male Specific Blend:	120 mg *
Folate 666 mcg DFE (400 mcg Folic Acid)	167%	Pumpkin Seed (Cucurbita pepo), Pygeum (Pygeum africanum) (bark), Saw Palmetto (Serenoa repens) (fruit), Tribulus Terrestris Extract (fruit) (Standardized to 45% saponins), Muira Puama Extract (Ptychopetalum olacoides) (root)	
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4167%	Antioxidant Blend:	115 mg *
Biotin (as d-Biotin)	300 mcg 1,000%	Garlic (Allium sativum) (bulb), Citrus Bioflavonoids (Citrus limon) (fruit), Black Currant (Ribes nigrum) (fruit) Grape Seed Extract (Vitis vinifera) (standardized to contain 70% polyphenols), Grape Skin Extract (Vitis Vinifera) (standardized to contain 40% polyphenols), Turmeric (Curcuma longa)(root), Alpha Lipoic Acid, Bilberry Extract (Vaccinium myrtillus) (fruit)	
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%	Energy Blend:	100 mg *
Calcium (as Calcium Carbonate and Calcium Citrate)	300 mg 23%	Ginkgo Biloba (Ginkgo biloba) (leaf), Green Tea Extract (Camellia sinensis) (leaf) (standardized to contain 95% polyphenols), Cayenne Pepper (Capsicum annuum) (fruit), Royal Jelly Concentrate, Chinese Red Ginseng Extract (Panax ginseng) (root)	
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	100 mg 24%		
Zinc (as Zinc Oxide)	25 mg 227%		
Selenium (as L-selenomethionine)	200 mcg 364%		
Copper (as Copper amino acid chelate)	2 mg 222%		
Manganese (as Manganese amino acid chelate)	2 mg 87%		
Chromium (as Chromium Picolinate)	200 mcg 571%		
Molybdenum (as Molybdenum amino acid chelate)	75 mcg 167%		
Choline Bitartrate	10 mg *		

* Daily Value (DV) not established

Other Ingredients: Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Vegetable Magnesium Stearate, Cellulose Coating.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) and soy ingredients.

Free Of: Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Sweetener, Preservatives. NON GMO.

Directions: As a dietary supplement for adult men, take two (2) tablets daily, preferably with a meal, or as directed by a health care professional.

Caution: Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place.

Laboratory Tested And Manufactured For:
TOTAL NUTRITION, INC. • FARMINGDALE, NY
11735 USA

Reorder tnvitamins.com
800-645-4446

2782T



Rev 7/19