

Directions: As a dietary supplement, take two (2) Capsules in the morning with meal.

Warning: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

Men's Multivitamin provides the perfect amount of vitamins, minerals, antioxidants, and herbs for the unique needs of men. In today's fast-paced world, many men do not get the daily recommended allowance of vitamins, minerals and other nutrients.

Mind and Muscle helps to bridge the nutrient gap in your diet. It offers immune support, increased energy, and mental alertness by providing your body with all it needs. Get exactly what you need with a formula that is made specifically for you.*

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot # and Expiration Date Printed on bottom of Bottle

V4R0

LIQUID LABS

MEN'S

MULTIVITAMIN

ADVANCED DAILY MULTIVITAMIN
Potent Vitamin, Mineral, & Antioxidant Formula
Energizers & a B-Vitamin Complex
Immune and Prostate Support*
Performance Enhancers*

60 CAPSULES
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules / Servings Per Container: 30

Amount per Serving	%DV	Amount per Serving	%DV
Vitamin A 2000IU	40%	Calcium 50mg	5%
Beta-Carotene		Carbonate 38%	
Vitamin C 150mg	250%	Magnesium 50mg	6%
Ascorbic Acid		Oxide 58%	
Vitamin D 400IU	100%	Zinc Oxide 80% 15mg	100%
Cholecalciferol		Selenium AAC 0.2% 30mcg	42%
Vitamin E 30IU	100%	Copper gluconate 13% 2mg	100%
Di-Alpha Tocopheryl Acetate 50%		Manganese chelate 20% 2mg	12.5%
Vitamin B1 7mg	466%	Chromium 120mcg	100%
Thiamine Mononitrate		Picolinate 20%	
Vitamin B2 7.5mg	440%	Molybdenum 1% Trif 75mcg	100%
Riboflavin		Male Support 170mg	**
Vitamin B3 30mg	150%	Lutein, Lycopene, Urtica Dioica extract, Saw Palmetto	
Niacin		Immune Blend 110mg	**
Vitamin B6 7.5mg	375%	Echinacea, Beta Glucan, Spirulina, Garlic	
Pyridoxine HCL		Antioxidant Fruit	
Folic Acid 400mcg	100%	& Energy Blend 187mg	**
Vitamin B12 27mcg	450%	Green Tea, Hawthorn Berries, Cinnamon Bark Extract, Bilberry Fruit Extract, Grape Seed Extract, Black Currant Fruit Extract, Pomegranate Fruit Extract	
Cyanocobalamin			
Biotin 300mcg	100%		
Vitamin B5 10mg	100%		
D-Calcium Pantothenate			

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

Manufactured for and Distributed by
Mind & Muscle Media LLC.

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