

Directions: Take 3 tablets daily - one with each meal

Additional Nutrients:

Beta Carotene	5000 IU
Choline	30 mg
Inositol	20 mg
Potassium	20 mg
PRBA	5 mg
Boron	1 mg
Vanadium	10 mcg

Phytonutrient Rich Superior Foods:

Hydrolyzed Whey 50:1	250 mg
Alfalfa Leaf 4:1	200 mg

Tonic Whole Herb Extracts:

Eleuthero Root 5:1	25 mg
Pumpkin Seed 4:1	25 mg
Fo-Ti Root 5:1	20 mg
Gotu Kola Leaf 5:1	15 mg
Ginger Root 5:1	10 mg
Ginkgo Leaf 8:1	10 mg
Hawthorn Berry 4:1	10 mg
Licorice Root 4:1	10 mg
Nettle Leaf 4:1	10 mg
Panax Ginseng Root 4:1	10 mg
Sarsaparilla Root 4:1	10 mg
Dandelion Leaf 4:1	5 mg
Dandelion Root 4:1	5 mg

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

Contains Natural Food Cofactors: Peptides, Enzymes, RNA/DNA, Amino Acids, Branch Chain Amino Acids, Chlorophyll, SOD, Glutathione, Beta Glucans, Lipic Acid, Essential Trace Minerals, GABA, Polysaccharides, CoQ10.

This product does not contain any wheat, artificial sweeteners, sucrose, alcohol, MSG, yeast, gluten, salt, dairy, corn, egg, coloring, stabilizers, maltodextrins, any other artificial ingredients, or pesticides. NON-GMO. Many blessings, health and happiness.

Energy Essentials

Formulated and distributed with Love by:

Energy Essentials

For questions, call Customer Service: (888) 456-1597
www.energyessentials.com





Catie's

Whole Food MEN'S VITAMIN

EASILY ABSORBED
ESSENTIAL VITAMINS & MINERALS
FOR MEN

90 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings per Container 30

Amount per Serving		% Daily Value ▼	
Vitamin A	(from 21 mg WholeFood)	5000 IU	100
Vitamin C	(from 630 mg WholeFood)	150 mg	250
Vitamin D3	(from 4 mg WholeFood)	200 IU	50
Vitamin E	(from 420 mg WholeFood)	100 IU	333
Vitamin K1	(from 5 mg WholeFood)	50 mcg	63
Thiamine (B-1)	(from 46 mg WholeFood)	11 mg	733
Riboflavin (B-2)	(from 95 mg WholeFood)	9 mg	529
Niacinamide	(from 105 mg WholeFood)	25 mg	125
Vitamin B-6	(from 58 mg WholeFood)	11 mg	550
Folate	(from 42 mg WholeFood)	400 mcg	100
Vitamin B-12	(from 4 mg WholeFood)	20 mcg	333
Biotin	(from 63 mg WholeFood)	300 mcg	100
Pantothenic Acid	(from 97 mg WholeFood)	23 mg	230
Calcium	(from 300 mg WholeFood)	15 mg	2
Iron	(from 180 mg WholeFood)	9 mg	50
Phosphorous	(from 60 mg WholeFood)	3 mg	<1
Iodine	(from 7 mg WholeFood)	100 mcg	67
Magnesium	(from 300 mg WholeFood)	15 mg	4
Zinc	(from 300 mg WholeFood)	15 mg	100
Selenium	(from 50 mg WholeFood)	50 mcg	71
Copper	(from 10 mg WholeFood)	100 mcg	5
Manganese	(from 40 mg WholeFood)	2 mg	100
Chromium (GTF)	(from 25 mg WholeFood)	50 mcg	42
Molybdenum	(from 5 mg WholeFood)	10 mcg	13

Other Ingredients: Silica, Vegetable Lubricant, Food Glaze.