

Energy for the Life You Live!™



Natures Plus.

IRON-FREE

Source of Life®

men

Multi-Vitamin and Mineral Supplement with Whole Food Concentrates

with Saw Palmetto, Lycopene & Lutein

GLUTEN Free

60 TABLETS

Vegetarian

Hypo-Allergenic

Supplement Facts

Serving Size 2 Tablets, Servings Per Container 30

Amount Per Serving		%DV	Amount Per Serving	
Vitamin A (as beta carotene)	10,000 IU	200%	Choline (as bitartrate)	30 mg †
Vitamin C (as ascorbic acid)	500 mg	833%	Inositol	30 mg †
Vitamin D3 (as cholecalciferol from lichen)	100 IU	25%	Bioflavonoids (from <i>Citrus limon</i> exocarp)	25 mg †
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	(active flavanols, flavanones, flavones & naringin [11 mg])	
Vitamin K (as phytonadione)	150 mcg	188%	Herbal Antioxidant Complex	15 mg †
Thiamin (vitamin B1)	75 mg	5000%	Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin);	
(as thiamine HCl)			Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated)	
Riboflavin (vitamin B2)	75 mg	4412%	(stand. 50% [2.5 mg] polyphenols)	
Niacin (as niacinamide)	75 mg	375%	Bromelain (from pineapple fruit)	12 mg †
Vitamin B6 (as pyridoxine HCl)	75 mg	3750%	(24 gelatin digesting units)	
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%	Rhodiola (<i>Rhodiola rosea</i> root)	10 mg †
Vitamin B12 (as methylcobalamin)	200 mcg	3333%	Alpha Lipoic Acid	10 mg †
Biotin	300 mcg	100%	Pumpkin Seed (<i>Cucurbita maxima</i>)	10 mg †
Pantothenic Acid	60 mg	600%	L-Glycine (free form amino acid)	10 mg †
(as calcium pantothenate)			L-Alanine (free form amino acid)	10 mg †
Calcium (as aminoate complex)	250 mg	25%	L-Glutamine (free form amino acid)	10 mg †
Iodine (from kelp)	150 mcg	100%	Amylase (from <i>Aspergillus oryzae</i> fermentation)	5 mg †
Magnesium (as aminoate complex)	125 mg	31%	Lipase (from <i>Rhizopus oryzae</i> fermentation)	5 mg †
Zinc (as monomethionine**)	30 mg	200%	Lactase (DairyMate®)	5 mg †
Selenium (as aminoate complex)	100 mcg	143%	Protease (from <i>Aspergillus oryzae</i> fermentation)	5 mg †
Copper (as aminoate complex)	1 mg	50%	Lutein‡ (active carotenoid from marigold flower extract)	2 mg †
Manganese (as aminoate complex)	2 mg	100%	Lycopene	1 mg †
Chromium (as polynicotinate***)	120 mcg	100%		
Molybdenum (as aminoate complex)	50 mcg	67%		
Spirulina	250 mg	†		
Saw Palmetto Berry (<i>Serenoa repens</i>)	60 mg	†		
(stand. 45% [27 mg] free fatty acids)				

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, calcium carbonate, magnesium oxide, vegetable cellulose, stearic acid, magnesium stearate, silica, astragalus root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, potassium iodide and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

Nutritional Support for Natural Energy Production and Overall Well-Being in Men. *

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement for men only, two tablets once daily.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

*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.

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