



# Longevity<sup>TM</sup> MEN

**Whole Food Based Multivitamin**  
34,500 mg Whole Food Value  
Up to 100x More than Other  
Leading Brands for Maximum Energy

120 TABLET | 1 MONTH SUPPLY

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 30

|                                                                                      | Amount Per Serving | %DV   |
|--------------------------------------------------------------------------------------|--------------------|-------|
| Vitamin A (as organic beta carotene) (6000 mcg)                                      | 10,000 IU          | 667%  |
| Vitamin C (as ascorbic acid, camu camu berry extract)...                             | 225 mg             | 250%  |
| Vitamin D3 (as VitaShine <sup>TM</sup> vegan cholecalciferol) (25 mcg)               | 1000 IU            | 125%  |
| Vitamin E (as d-alpha tocopheryl succinate) (166 mg)                                 | 200 IU             | 1107% |
| Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)                       | 31 mg              | 2583% |
| Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)                      | 34 mg              | 2616% |
| Niacin (as niacinamide, niacin)                                                      | 100 mg             | 625%  |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)                                | 42 mg              | 2471% |
| Folate (as Quatrefolic <sup>®</sup> (6S)-5-Methyltetrahydrofolate, glucosamine salt) | 400 mcg            | 100%  |
| Vitamin B12 (as methylcobalamin)                                                     | 200 mcg            | 8333% |
| Biotin (as d-biotin)                                                                 | 1000 mcg           | 3333% |
| Pantothenic acid (as d-calcium pantothenate)                                         | 90 mg              | 1800% |
| Calcium (as Calcium citrate, pantothenate)                                           | 150 mg             | 12%   |
| Iodine (from North Atlantic kelp)                                                    | 150 mcg            | 100%  |
| Magnesium (as Magnesium oxide, citrate)                                              | 200 mg             | 47%   |
| Zinc (as Zinc lactate)                                                               | 20 mg              | 182%  |
| Selenium (as Selenium l-methyl selenocysteine)                                       | 200 mcg            | 364%  |
| Copper (as Copper sebacate)                                                          | 1.5 mg             | 167%  |
| Manganese (as Manganese citrate)                                                     | 2 mg               | 87%   |
| Chromium (as Chromium polynicotinate)                                                | 200 mcg            | 571%  |
| Molybdenum (as Molybdenum glycinate)                                                 | 75 mcg             | 167%  |
| Potassium (as Potassium citrate)                                                     | 30 mg              | <2%   |

**SuperFood Complex** ..... 943.8 mg ..... \*

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin

**Herbal Extracts** ..... 520 mg ..... \*

Attractylodes extract (root), Codonopsis extract (root), Astragalus extract (root), White peony extract (root), Eleuthero extract (root), Epimedium sagittatum extract (aerial), Gynostemma extract (whole herb), Aged tangerine extract (peel), Green tea extract (leaf)

|                                                                                                                                                                                                                                                                      | Amount Per Serving | %DV |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----|
| <b>Co-Nutrients</b> ..... 410.3 mg ..... *                                                                                                                                                                                                                           |                    |     |
| Mixed tocopherol complex, Sunflower lecithin (source of phosphatidylcholine), Inositol, Octacosanol                                                                                                                                                                  |                    |     |
| <b>Male Support Factors</b> ..... 291 mg ..... *                                                                                                                                                                                                                     |                    |     |
| Phytosterol complex (minimum 45% B-Sitosterol), Stinging nettle extract (leaf), Pygeum extract (bark), Lycopene                                                                                                                                                      |                    |     |
| <b>Antioxidants</b> ..... 265 mg ..... *                                                                                                                                                                                                                             |                    |     |
| N-Acetyl-Cysteine, Acetyl-L-Carnitine, MSM, Gamma oryzanol, L-Carnosine, R-Alpha-lipoic acid                                                                                                                                                                         |                    |     |
| <b>Immune Factors</b> ..... 200 mg ..... *                                                                                                                                                                                                                           |                    |     |
| Agaricus blazei murrill extract (fruiting body), Cordyceps extract (mycelia), Aloe vera extract (leaf), Maitake extract (fruiting body), Turkey tail extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Laminaria japonica extract |                    |     |
| <b>Bioflavonoids</b> ..... 100 mg ..... *                                                                                                                                                                                                                            |                    |     |
| Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)                                                                                                                                       |                    |     |
| <b>Fruit Extracts</b> ..... 100 mg ..... *                                                                                                                                                                                                                           |                    |     |
| Rosemary extract (leaf), Strawberry, Blueberry, Blackberry, Cranberry, Grape, Pomegranate, and Acerola cherry fruit extracts, Mangosteen fruit extract                                                                                                               |                    |     |
| <b>Detoxification &amp; Liver Support</b> ..... 80 mg ..... *                                                                                                                                                                                                        |                    |     |
| Milk thistle extract (fruit and seed)                                                                                                                                                                                                                                |                    |     |
| <b>Digestive Aids/Enzymes</b> ..... 26.5 mg ..... *                                                                                                                                                                                                                  |                    |     |
| Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine <sup>®</sup> )                                                                                                                                                       |                    |     |
| <b>Carotenoids</b> ..... 4.7 mg ..... *                                                                                                                                                                                                                              |                    |     |
| Lutein (FloraGLO <sup>®</sup> ), Astaxanthin, Zeaxanthin                                                                                                                                                                                                             |                    |     |
| <b>Minerals</b> ..... 2 mg ..... *                                                                                                                                                                                                                                   |                    |     |
| Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)                                                                                                                                                                         |                    |     |

\*Daily Value (DV) not established.

**Other Ingredients:** stearic acid, silicon dioxide, croscarmellose sodium, cellulose, l-leucine

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Longevity<sup>TM</sup> Men is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with the world's most powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 34,500 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.\* It supports:

- ✓ Prostate Health & Virility\*
- ✓ Immune Health\*
- ✓ Vision Health\*
- ✓ Cellular Health\*
- ✓ Robust Energy Levels & Vitality\*

**Suggested Use:** Two tablets, twice daily or four tablets, once daily. May be used with or without meals.

**Storage:** Keep closed in a cool, dry place.

**Caution:** Keep all supplements out of children's reach.

**Does NOT Contain:** gluten, wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

\* 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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EXPIRATION & LOT #

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