



ANCIENT MULTI

Men's 40+ Once Daily

20 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Cordyceps Extract
Fermented Vitamin D



**WHOLE FOOD DIETARY
SUPPLEMENT | 30 CAPSULES**

Suggested Use: Adults take 1 capsule per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as beta-carotene*)	2925 mcg	325%
Vitamin C*	27.5 mg	31%
Vitamin D*	40 mcg (1600IU)	200%
Vitamin E (as d-alpha tocopherol succinate)	32 mg	213%
Vitamin K (as menaquinone-7)	90 mcg	75%
Thiamin*	2.1 mg	175%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	392%
Niacin (as niacinamide*)	6 mg	38%
Vitamin B6 (as pyridoxine-5 phosphate)	15.7 mg	924%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin*	150 mcg	500%
Pantothenic acid*	7 mg	140%
Calcium (from organic eggshell)	26 mg	2%
Iron**	3 mg	17%
Magnesium**	15 mg	4%
Zinc**	10 mg	91%
Selenium*	100 mcg	182%
Manganese*	1 mg	43%
Chromium*	200 mcg	571%

TCM Men's 40+ Once Daily Blend

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Organic Cordyceps Mushroom Extract, Organic Fo-Ti Root Extract, Organic Ginkgo Leaf Extract, Organic Schisandra Berry Extract, Organic Turmeric Root Extract, Organic Hawthorn Berry Extract, Organic Fenugreek Seed, Bovine Liver, Chicken Bone Broth, Beef Bone Broth, *Rosa roxburghii* Fruit Extract, Tienchi Ginseng Root Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

CONTAINS: Egg, Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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