



ANCIENT MULTI

Men's Once Daily

20 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Cordyceps Extract
Fermented Selenium



**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 100% beta-carotene*)	2925 mcg	325%
Vitamin C*	27.5 mg	31%
Vitamin D*	40 mcg (1600IU)	200%
Vitamin E (as d-alpha tocopherol succinate)	24 mg	160%
Vitamin K (as menaquinone-7)	45 mcg	38%
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**	13 mg	3%
Zinc**	10 mg	91%
Selenium*	100 mcg	182%
Manganese*	1 mg	43%
Chromium*	200 mcg	571%

TCM Men's Once Daily Blend

+
Organic Fenugreek Seed, Beef Bone Broth, Bovine Liver, Chicken Bone Broth, Organic Licorice Root Extract, Organic Cordyceps Mushroom Extract, Organic Schisandra Berry Extract, Organic Ginger Root Extract, Organic Reishi Mushroom 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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