

Amount Per Serving	% Daily Value
Choline (as choline bitartrate).....	20 mg *
Inositol.....	20 mg *
Citrus Bioflavonoid Complex.....	25 mg *
Men's Health Blend	*
Saw Palmetto (berry) 2:1 Extract.....	50 mg
Spirulina platensis.....	50 mg
Lycopene (from Tomato, natural).....	1000 mcg
Vegetable Juice Blend	10 mg *
(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet (<i>Beta vulgaris</i>) [root])	
Digestive Support Blend	
Protease, Amylase, Lipase, Cellulase.....	36 mg *
Lactobacillus sporogenes (Probiotic strain).....	25 mg *
Betaine HCl.....	10 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide and modified cellulose.

SUGGESTED USE: Take one tablet per day with or between meals, or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

Iron-Free **MEN'S ONCE DAILY**

Multivitamin/Mineral with
Green Foods, Herbs, Enzymes & Probiotics

Dietary Supplement
90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU 100%
Vitamin C (as ascorbic acid)	120 mg 200%
Vitamin D3 (as cholecalciferol)	800 IU 200%
Vitamin E (d-alpha tocopheryl succinate)	100 IU 333%
Vitamin K1 (as phytonadione)	100 mcg 125%
Thiamin (as thiamin hydrochloride)	25 mg 1667%
Riboflavin	25 mg 1471%
Niacin (as niacinamide)	25 mg 125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1250%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	25 mcg 417%
Biotin	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%
Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate)....	50 mg 5%
Magnesium (from magnesium oxide)	25 mg 6%
Zinc (OptiZinc®)	20 mg 133%
Selenium (from selenomethionine, amino acid complex).....	200 mcg 286%
Copper (amino acid chelate)	2 mg 100%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium nicotinate)	200 mcg 167%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN.

VL 572-90A

