

Suggested Use: As a dietary supplement, take two (2) Capsules in the morning with meal.

CAUTION: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

► DAILY ◀ MULTIVITAMINS

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

* 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.

Lot # and expiration date printed on bottom of bottle. V4R6

ARAZO NUTRITION

VITAL ONE MEN

COMPLETE MULTIVITAMIN

SUPERFOODS BLEND

**Garden Greens • Whole Foods
Herbs • Fruits • Berries • Seeds**

**DIETARY SUPPLEMENT
150 CAPSULES**

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 75

Amount per Serving	%DV
Vitamin A (Beta-Carotene)	2000IU 40%
Vitamin C (Ascorbic Acid)	150mg 250%
Vitamin D (Cholecalciferol)	400IU 100%
Vitamin E (DL-Alpha Tocopheryl Acetate 50%)	30IU 100%
Vitamin B1 (Thiamine Mononitrate)	7mg 466%
Vitamin B2 (Riboflavin)	7.5mg 440%
Vitamin B3 (Niacin)	30mg 150%
Vitamin B6 (Pyridoxine HCL)	7.5mg 375%
Folic Acid	400mcg 100%
Vitamin B12 (Cyanocobalamin)	27mcg 450%
Biotin	300mcg 100%
Vitamin B5 (D-Calcium Pantothenate)	10mg 100%
Calcium (Carbonate 38%)	50mg 5%
Magnesium (Oxide 58%)	50mg 12.5%
Zinc (Oxide 80%)	15mg 100%
Selenium (AAC 0.2%)	30mcg 42%
Copper (gluconate 13%)	2mg 100%
Manganese (chelate 20%)	2mg 100%
Chromium (Picolinate 20%)	120mcg 100%
Molybdenum (1% Trif)	75mcg 100%

Amount per Serving %DV

Male Vitality Blend 170mg **

Lutein
Lycopene
Urtica Dioica extract
Saw Palmetto

Immune Health Blend 110mg **

Echinacea
Beta Glucan
Spirulina
Garlic

**Antioxidant Fruit
& Energy Blend** 187mg **

Green Tea
Hawthorn Berries
Cinnamon Bark Extract
Bilberry Fruit Extract
Grape Seed Extract
Black Currant Fruit Extract
Pomegranate Fruit Extract

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.



**MANUFACTURED FOR:
ARAZO NUTRITION**

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