

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, STEARIC ACID (VEGETABLE SOURCE), CROSCARMELOSE SODIUM, MAGNESIUM STEARATE (VEGETABLE SOURCE), VEGETABLE COATING (SODIUM CARBOXYMETHYLCARBOXYMETHYLCELLULOSE), HEMOGLOBIN UNITS TYROSINE, DEXTRINIZING UNITS, CELLULOSE UNITS, LIPASE UNITS
CONTAINS SOY INGREDIENTS. MILK AND WHEAT INGREDIENTS ARE USED IN FERMENTATION PROCESS OF ENZYMES. PRODUCT MAY CONTAIN TRACES OF MILK AND WHEAT. PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, EGGS, SHELLFISH AND FISH.
MANUFACTURED FOR: WHOLE FOODS MARKET • 550 BOWIE STREET • AUSTIN, TX 78703
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www.wholefoodsmarket.com
CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES. NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT. TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT. KEEP OUT OF REACH OF CHILDREN. 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.

BOTTLE IS MADE FROM
100% PCR CONTENT

GMP
GOOD MANUFACTURING PRACTICES



PLEASE
RECYCLE
HDPE



Men's Multi

IRON-FREE

ONCE DAILY

- ✓ SUPPORTS HEALTHY MUSCLE FUNCTION WITH MAGNESIUM & VITAMINS D & B6[†]
- ✓ SUPPORTS A HEALTHY PROSTATE WITH SAW PALMETTO & LYCOPENE[†]
- ✓ WITH GREENS, SPIRULINA & DIGESTIVE ENZYMES

180
IRON-FREE
TABLETS

MULTI-VITAMIN/MULTI-MINERAL SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as 50% beta-carotene, 50% palmitate)	5000 IU 100%	Chromium (as chromium polynicotinate)	200mcg 167%
Vitamin C (as ascorbic acid)	120mg 200%	Molybdenum (as molybdenum amino acid chelate)	75mcg 100%
Vitamin D3 (as cholecalciferol)	400 IU 100%		
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%	Saw Palmetto (berry) extract	50mg *
Vitamin K (as phytonadione)	100mcg 125%	Spirulina	50mg *
Thiamin (as thiamine mononitrate)	25mg 1667%	Tomato (fruit)	50mg *
Riboflavin	25mg 1471%	Citrus Bioflavonoids	25mg *
Niacin (as niacinamide)	25mg 125%	Choline (as choline bitartrate)	20mg *
Vitamin B6 (as pyridoxine HCl)	25mg 1250%	Inositol	20mg *
Folic Acid	400mcg 100%	Betaine (as betaine HCl)	10mg *
Vitamin B12 (as cyanocobalamin)	25mcg 417%	Dandelion (root)	2.5mg *
Biotin (as d-biotin)	150mcg 50%	Kale (leaf)	2.5mg *
Pantothenic Acid (as d-calcium pantothenate)	25mg 250%	Spinach (leaf)	2.5mg *
Calcium (as calcium carbonate)	50mg 5%	Beet (root)	2.5mg *
Magnesium (as magnesium oxide)	25mg 6%	Lycopene	1mg *
Zinc (as zinc citrate)	20mg 133%	Protease	664 HUT ¹ *
Selenium (as selenomethionine, selenium amino acid chelate)	200mcg 286%	Amylase	226 DU ² *
Copper (as copper amino acid chelate)	2mg 100%	Cellulase	3 CU ³ *
Manganese (as manganese citrate)	2mg 100%	Lipase	2 LU ⁴ *

*Daily Value (DV) not established.

DIRECTIONS: TAKE 1 TABLET DAILY WITH FOOD.