



Vitacost Special for Men Multi-Vitamin Description

High-quality daily multi supplying 22 essential vitamins and minerals plus added antioxidants, amino acids and botanical extracts including saw palmetto, ginseng, lycopene and more. Five-month supply!

What is Special for Men Multi-Vitamin?

This unique, broad-spectrum daily multi formula provides complete nutritional support for men of all ages. In addition to 22 essential vitamins and minerals, Vitacost Special for Men supplies antioxidants and nutrients targeted specifically to men's health. Included in each 2-tablet serving is:

Saw palmetto extract, 50 mg, from berries of the *Serenoa repens* tree. Supports normal prostate size and urine flow.*

Lycopene, 1 mg, from Lyc-O-Mato®, a high-quality tomato complex. Higher dietary intakes of lycopene and tomato may be associated with better cardiovascular health.*

Korean ginseng (Asian ginseng), 70 mg, from *Panax ginseng* roots. Supports male sexual health.* May help maintain healthy cognitive function.*

Citrus Bioflavonoid Complex, 25 mg, rich in vitamin C and antioxidants.

Antioxidants including vitamin E, selenium, alpha lipoic acid and more.

What are the key benefits of Vitacost® Special for Men Multi-Vitamin?

Provides 100% or more of the Daily Value for 15 vitamins and minerals.

A good source of powerful antioxidants (such as vitamins C and E plus alpha lipoic acid, selenium and more) that can help protect the body's cells from free radical damage.*

Why is Vitacost® Special for Men Multi-Vitamin your everyday essential?

Each bottle contains a five-month supply!

Specially designed to meet the nutritional needs of men.

All Vitacost® supplements are formulated to deliver the level of support you expect and deserve. Whether you're shopping Vitacost® vitamins, minerals, herbs or other key nutrients, their potency is guaranteed – what's on the label is what's in the bottle. Plus, all Vitacost® supplements adhere to the FDA's Current Good Manufacturing Practices (CGMPs), ensuring that they are manufactured to high standards of **POTENCY, PURITY**, efficacy and safety. We take **PRIDE** in what we do, which is why we promise if you don't love your product, we'll take it back – even if the bottle is empty.

About Vitacost® Brand

The search is over. Vitacost® Brand supplements are focused on helping you create a strong foundation with simple, transparent formulas that support – and easily fit into – your daily life. Whether it's Everyday Essentials you're looking for or Targeted Wellness support, Vitacost® Brand supplements offer the high-quality solution you need at the value price you deserve. We continuously look for ways to improve technology, processes and ingredients, so you feel confident about what you're putting in your body or giving to your family. And it's all right here, at Vitacost.com®.

Directions

As a dietary supplement, take 2 tablets daily with food, or as directed by a healthcare professional

Keep dry and at room temperature (59°-86°F [15°-30°C]).

Free Of

Milk, eggs, peanuts, tree nuts, shellfish, fish, gluten, titanium dioxide.

*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.

Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 150

	Amount Per Serving	% Daily Value
Vitamin A (64% as beta-carotene and retinyl acetate)	3147 mcg	350%
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin D (as cholecalciferol, D3)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	83 mg	551%
Vitamin K (as phytonadione)	75 mcg	63%
Thiamin (vitamin B1)(as thiamine mononitrate)	30 mg	2,500%
Riboflavin (vitamin B2)	30 mg	2,308%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine HCl)	30 mg	1,765%
Folate DFE (400 mcg Folic Acid)	667 mcg	167%
Vitamin B12 (as methylcobalamin)	30 mcg	1,250%
Biotin	250 mcg	833%
Pantothenic Acid (as calcium D-pantothenate)	30 mg	600%
Calcium (from calcium carbonate and dicalcium phosphate)	302 mg	23%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	24%
Zinc (as zinc oxide)	25 mg	227%
Selenium (as amino acid chelate)	100 mcg	182%
Copper (as copper sulfate)	2 mg	222%
Manganese (as manganese glycinate chelate) TRAACS®	5 mg	217%
Chromium (as chromium nicotinate glycinate chelate) TRAACS®	50 mcg	143%
Potassium (as potassium chloride)	30 mg	1%
Inositol	10 mg	*
<i>para</i> -Aminobenzoic Acid (PABA)	10 mg	*
Citrus Bioflavonoid Complex 50% total bioflavonoids (12.5 mg)	25 mg	*
Damiana (leaf)	70 mg	*
Asian ginseng (root) 5% ginsenosides (3.5 mg)	70 mg	*
Oat (seed)(10:1 Extract)	70 mg	*
Oyster Extract (Pacific Oyster) 5% taurine (2.5 mg)	50 mg	*
Prostate Substance (bovine)	50 mg	*
Saw Palmetto (berry)	50 mg	*
L-Cysteine (as L-cysteine HCl)	50 mg	*
California Nettle (leaf)	30 mg	*
Pumpkin (seed)	30 mg	*
L-Methionine	10 mg	*
Alpha-Lipoic Acid	5 mg	*
Lycopene (from tomato [fruit] lycopene complex) LYC-O-MATO®	1 mg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, croscarmellose sodium, hydroxypropyl methylcellulose and vegetable glycerin.

Contains: Soy.



LYC-O-MATO® is a registered trademark of LycoRed Ltd.

Warnings

Pregnant or lactating women, those with diabetes, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Keep out of reach of children.

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