## Experience the difference 1 tablet per day makes:

- ‡Clinically Proven Absorption: Vitamins D. B2, B5, folate, calcium & zinc
- Provides nutritional support for bone health and supports immune health with zinc+
- · Promotes energy with potent B vitamins \*
- · Supports blood pressure health and nerve cell protection >
- · Nourishes your body for brain health +
- The Enzyme and Probiotic Blend includes digestive enzymes to aid in breaking down foods+

SUGGESTED USAGE: Take one tablet per day, with or between meals.

KEEP OUT OF REACH OF CHILDREN: Consult your physician prior to using this product if you are taking medication or have a medical condition

\*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.

Contains NO: Tree nuts, peanuts, eggs, fish, or shellfish.





Bottle made from 100% recycled material\* \*excluding colorant











## Men's One

Multivitamin Rainbow Superfoods Blend & Probiotics











Supports Immune, Bone & Brain Health\*







Vegetarian | Gluten-Free

90 Tablets | Multivitamin Supplement

## Supplement Serving Size 1 Tablet

Amount Per Serving		% DV	Amount P	% DV			
Vitamin A (as beta-carotene)	900 mcg	100%	Copper (as copper amino acid chelate)	0.9 mg	100%		
Vitamin C (ascorbic acid)	45 mg	50%	Manganese (as manganese citrate)	2.3 mg	100%		
Vitamin D (as cholecalciferol)	50 mcg	250%	Chromium (as chromium picolinate)	100 mcg	286%		
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%	Molybdenum (as molybdenum amino	45 mcg	100%		
Vitamin K (as phytonadione)	120 mcg	100%	acid chelate)				
Thiamin (as thiamin mononitrate)	20 mg	1667%	Organic Rainbow Superfoods Blend	100 mg	1		
Riboflavin (vitamin B2)	20 mg	1538%	Organic spirulina, organic beet (root), organic broccoli (plant), organic kale (leaf), organic spinach (leaf), organic blackberry (fruit), organic blueberry (fruit), organic carrot (root), organic				
Niacin (as niacinamide)	20 mg	125%					
Vitamin B6 (as pyridoxine hydrochlor	20 mg	1176%	cranberry (fruit)		1		
folic acid) (240 i	0 mcg DFE ncg folic ac		Men's Nourishing Blee Organic chlorella, org (leaf) extract, lycoper	anic green			
Vitamin B12 (as methylcobalamin)	10 mcg	417%	Enzyme and Probiotic Blend	27 mg	1		
Biotin	50 mcg	167%	Ginger (root) juice ex	tract amula	00		
Pantothenic Acid (as calcium pantothenate		260%	(150 DU†), protease ( xylanase (80 XU†), m	600 HUT+),			
Choline (as choline bitartrate)	55 mg	10%	glucoamylase (0.4 AG (615 HCU†), beta-gluc	Ut), hemice	llulase		
Calcium (from mineral-rich red alga	25 mg	2%	phytase (0.04 FTU†), alpha-galactosidase (4	GalU†), lipas	se (22		
lodine (from inactivated Saccharomyces cere	150 mcg visiae)	100%	FIP†), lactase (7 ALU†) Bacillus coagulans M million CFU†)	FCC 5856 (2			
Magnesium (as	50 mg	12%	Inositol	20 mg	1		
marine magnesium extract from sea water			Citrus (fruit) bioflavonoids	10 mg	†		
Zinc (as zinc citrate)	11 mg	100%	†Daily Value (DV) not es	stablished			
Selenium	55 mca	100%	Thairy value (DV) Hot es	stablished.			

(as selenomethionine)

(as picolinate)	100 mcg	2869		_	
m (as um amino te)	45 mcg	1009	%	des, inulin)	
ainbow Is Blend	100 mg		Ť	iglyceri	
pirulina, org roccoli (plar anic spinac y (fruit), org janic carrot (fruit)	nt), organic h (leaf), org anic bluebe	kale anic erry		medium-chain	
rishing Ble	nd 51 mg		t	ose Ted	
hlorella, org act, lycoper		tea	1	romell ation rr	
nd Blend	27 mg		Ť	ig (hyp	
oot) juice ex ), protease ( (80 XU†), m fase (0.4 AG	600 HUT†), altase (4 DI	Pt),		ulose, coatir m enzyme fe	