

SUGGESTED USE: As a dietary supplement, adults take one (1) tablet daily preferably with a meal or as recommended by a physician.

CAUTION: If you are pregnant, nursing, taking any medication or have any medical condition, consult your doctor before use. Keep out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Store in a cool, dry place.

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

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Distributed by:
Nobi Nutrition
427 N Tatnall Street
Wilmington, DE 19801



Once Daily

Men's Multi

With Clinically Proven Quali®-C

**Whole Food
Multivitamin
& Mineral**

DIETARY SUPPLEMENT

30 VEGAN
TABLETS



Supplement Facts

Serving size: 1 tablet
Servings per container: 30

	Amount per serving	%DV
Vitamin A (beta-carotene)	1000 mcg	111%
Vitamin C (as Quali®-C ascorbic acid)	100 mg	111%
Vitamin D (as Vitashine™ vegan cholecalciferol from lichen)	22 mcg	110%
Vitamin E (as d-alpha tocopheryl succinate)	16.5 mg	110%
Vitamin K (as menaquinone-7)	120 mcg	100%
Thiamine (Vitamin B1) (as thiamine mononitrate)	1.3 mg	108%
Riboflavin (Vitamin B2)	1.4 mg	108%
Niacin (as niacinamide)	17.6 mg	110%
Vitamin B6 (as pyridoxal-5-phosphate)	1.9 mg	112%
Folate (as Quatrefolic® 6S-5-methyltetrahydro folate glucosamine salt)	668 mg DFE	167%
Vitamin B12 (as methylcobalamin)	2.6 mcg	108%
Biotin	33 mcg	110%
Pantothenic acid (as d-calcium pantothenate)	5.5 mg	110%
Calcium (as dicalcium phosphate & Aquamin® marine algae)	100 mg	8%
Phosphorus (as dicalcium phosphate)	70 mg	6%

	Amount per serving	%DV
Iodine (from kelp)	100 mcg	67%
Magnesium (as magnesium oxide & citrate)	100 mg	24%
Zinc (as zinc amino acid chelate)	10 mg	91%
Selenium (as selenomethionine)	50 mcg	91%
Copper (as copper amino acid chelate)	0.5 mg	56%
Manganese (as manganese sulfate)	1.5 mg	65%
Chromium (as chromium polynicotinate)	30 mcg	86%
Molybdenum (as molybdenum krebs)	40 mcg	88%
Fruit and Vegetable Blend:	60 mg	**
Carrot Herb (<i>Daucus carota</i>)	10 mg	**
Blueberry Fruit (<i>Vaccinium corymbosum</i>)	10 mg	**
Kale (<i>Brassica oleracea</i>)	10 mg	**
Pomegranate Fruit/Seed (<i>Punica granatum</i>)	10 mg	**
Raspberry Leaf (<i>Rubus idaeus</i>)	10 mg	**
Spinach Leaf (<i>Spinacia oleracea</i>)	10 mg	**

** % Daily Value (DV) not established.

Other Ingredients: Modified Cellulose Gum, Vegetable Stearates, Sodium Citrate, Silicon Dioxide, Clear Vegetable Coating: Hypromellose, Glycerine.

NEW
Men's Multi Once Daily

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Lot # & Expiration Date
Printed on bottom of Bottle: VIRT
NOBI-WFMM-200-1