

HIM®

High Potency Multi-Vitamin & Mineral Formula For Men

 **KARUNA®**
RESPONSIBLE NUTRITION™

180 vegetarian capsules
Dietary Supplement

Physician
Formulated
Anti-Oxidant
Protection
Maximum
Bioavailability
Natural & Hypo-
Allergenic

Supplement Facts

Serving Size 6 Capsules

Servings per Container 30

Amount per serving:		%DV
Vitamin A (natural beta-carotene)	20,000 IU	400%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D3 (cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopherol succinate)	400 IU	1,333%
Vitamin K1 (phyloquinone)	120 mcg	150%
Vitamin B1 (thiamine)	40 mg	2,667%
Vitamin B2 (riboflavin)	40 mg	2,353%
Vitamin B3 (niacinamide)	40 mg	200%
Vitamin B6 (pyridoxine HCl)	40 mg	2,000%
Folic Acid	800 mcg	200%
Vitamin B12 (methylcobalamin)	450 mcg	7,500%
Biotin (d-biotin)	400 mcg	133%
Vitamin B5 (d-calcium pantothenate)	40 mg	400%
Calcium (citrate/malate 2:1)	250 mg	25%
Iodine (potassium iodide)	75 mcg	50%
Magnesium (aspartate)	250 mg	63%
Zinc (amino acid chelate)	15 mg	100%
Selenium (L-selenomethionine)*	200 mcg	266%
Copper (amino acid chelate)	1.5 mg	75%
Manganese (amino acid chelate)	5 mg	250%
Chromium (polynicotinate)**	200 mcg	167%
Molybdenum	75 mcg	100%
Panax Ginseng**	200 mg	†
Beta-sitosterol	90 mg	†
Natural alpha-carotene	4,750 IU	†
Lutein	6 mg	†

Amount per serving:		%DV
Lycopene	6 mg	†
Boron (citrate)	1 mg	†
Zeaxanthin	246 mcg	†
Vanadium (aspartate)	50 mcg	†
Cryptoxanthin	6 mcg	†

† Daily Value (DV) not established

*non-yeast form

**standardized to 4% ginsenosides from 6-year-old root

Other ingredients: vegetarian capsule, vegetable stearine.

Suggested use for adults:

6 tablets daily, taken with meals, or as directed by your health care practitioner.

This product contains no yeast, wheat, soy, corn, milk, salt, sugar, artificial coloring, preservatives or flavoring.

This product is intended for professional use and is manufactured under strict quality control to ensure the optimum in purity, potency and reliability.

Produced by Karuna Corporation
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