

# IRWIN NATURALS<sup>®</sup>

## MEN'S Living Green Liquid-Gel Multi<sup>™</sup>



**Whole Food Concentrates**  
with Pumpkin Seed & Saw  
Palmetto for Prostate Health<sup>®</sup>

**90 LIQUID SOFT-GELS**  
DIETARY SUPPLEMENT

**Directions (Adult):** Take three (3) liquid soft-gels per day in divided doses with food and a glass of water.

## Supplement Facts

Serving Size: 3 Liquid Soft-Gels Servings Per Container: 30

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Amount Per Serving | % Daily Value | Amount Per Serving                                                                                                                            | % Daily Value |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Vitamin A (as Beta Carotene)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5000 IU            | 100%          | Biotin                                                                                                                                        | 15 mcg 5%     |
| Vitamin C (as Ascorbic Acid)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 250 mg             | 417%          | Pantothenic Acid (as Calcium Pantothenate)                                                                                                    | 20 mg 200%    |
| Vitamin D (as Vitamin D3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 400 IU             | 100%          | Calcium (as Calcium Citrate)                                                                                                                  | 50 mg 5%      |
| Vitamin E (as d-Alpha Tocopherol)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 200 IU             | 667%          | Magnesium (as Magnesium Amino Acid Chelate)                                                                                                   | 25 mg 6%      |
| Thiamin (as Thiamine Mononitrate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 20 mg              | 1333%         | Zinc (as Zinc Oxide)                                                                                                                          | 15 mg 100%    |
| Riboflavin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 20 mg              | 1176%         | Selenium (as L-Selenomethionine)                                                                                                              | 75 mcg 107%   |
| Niacin (as Nicotinamide)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 20 mg              | 100%          | Copper (as Copper Amino Acid Chelate)                                                                                                         | 2 mg 100%     |
| Vitamin B6 (as Pyridoxine Hydrochloride)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 20 mg              | 1000%         | Manganese (as Manganese Ascorbate)                                                                                                            | 2 mg 100%     |
| Folic Acid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 600 mcg            | 150%          | Chromium (as Chromium Polynicotinate)                                                                                                         | 120 mcg 100%  |
| Vitamin B12 (as Cyanocobalamin)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 mcg             | 1000%         | Molybdenum (as Molybdenum Amino Acid Chelate)                                                                                                 | 225 mcg 300%  |
| <b>Crucial Oil Complex</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 2060 mg            | †             | <b>Stress Support Blend</b>                                                                                                                   | 21 mg         |
| Fish Oil (30% Omega 3 fatty acids (EPA/DHA)); Pumpkin Seed oil, Flax Seed oil (50% ALA)                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                    |               | Ashwagandha powder (root), Astragalus ( <i>Astragalus membranaceus</i> ) powder (root), Bupleurum ( <i>Bupleurum chinense</i> ) powder (root) |               |
| <b>Antioxidant Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 mg              | †             | <b>Green Super Food Blend</b>                                                                                                                 | 18 mg         |
| Acid (Elderberry Berry powder, Grape Seed extract (95% polyphenols), Green Tea extract (50% polyphenols), Resveratrol (20%), White Tea extract (50% polyphenols)(leaf)                                                                                                                                                                                                                                                                                                                                                                                |                    |               | Barley Grass powder, Chlorella powder, Spirulina ( <i>Arthrospira platensis</i> ) powder                                                      |               |
| <b>Fruit and Vegetable Botanical Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 mg              | †             | <b>Energy Blend</b>                                                                                                                           | 24 mg         |
| Allioli (leaf), Asparagus (aerial), Beet (root), Blueberry ( <i>Vaccinium angustifolium</i> fruit), Broccoli (aerial), Brussels Sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> ) (aerial), Cabbage ( <i>Brassica oleracea</i> var. <i>capitata</i> ) (aerial), Carrot ( <i>Daucus carota</i> ssp. <i>sativus</i> ) (root), Celery (aerial), Garlic (bulb), Ginger (root), Grape (fruit), Grapefruit (fruit), Kelp ( <i>Laminaria</i> spp.), Lemon (fruit), Onion (bulb), Parsley (fruit), Pineapple (fruit), Spinach (leaf), Tomato (fruit) |                    |               | American Ginseng powder (root), Asian Ginseng powder (root), Monkshroom                                                                       |               |
| <b>Immune Support Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 54 mg              | †             | <b>Memory &amp; Concentration Blend</b>                                                                                                       | 18 mg         |
| Cat's Claw powder (bark), European Elder Berry powder, Garlic powder (bulb)                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                    |               | Ginkgo powder (leaf), Phosphatidylserine                                                                                                      |               |
| <b>Amino Acid Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 54 mg              | †             | <b>Men's Targeted Blend</b>                                                                                                                   | 135 mg        |
| L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-5-Hydroxytryptophan, L-Valine                                                                                                                                                                                                                                                                                                                                                                                               |                    |               | Milk Thistle powder (seed), Saw Palmetto oil (fruit), Shingling Nettie powder (aerial)                                                        |               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |               | <b>Biopurine Complex</b>                                                                                                                      | 6 mg          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |               | Biopurine <sup>®</sup> Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)                                        |               |
| Other Ingredients: Gelatin, glycerin, purified water, beeswax, soy lecithin, titanium dioxide and sodium copper chlorophyllin.                                                                                                                                                                                                                                                                                                                                                                                                                        |                    |               |                                                                                                                                               |               |
| <b>Contains: Soy, Fish (anchovy, sardine)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                    |               |                                                                                                                                               |               |

†Daily Value not established

**Men's Living Green Liquid-Gel Multi** sets a new standard in today's world of low nutrition and high stress. Using powerful botanicals from whole living plants, this is not a one-size-fits-all formula... it's targeted to benefit the unique nutrition profile that men need. For example, it contains Pumpkin Seed Oil and Saw Palmetto to support prostate health.<sup>2</sup>

But most importantly, it's one of the world's only plant based multi-nutrition formulas that is delivered in a liquid soft-gel. So what does that mean to you? The nutrients in soft-gels are quickly released for use in your body, they're easier to swallow and they contain no binders and fillers found in tablets, so there's more room for life-giving nutrients. But the greatest benefit of soft-gels is that they can hold special oils, such as Omega 3 Essential Fatty Acids (EFAs). This breakthrough formula combines over 100 nutrients, vitamins and minerals that cover the following 12 categories:

|                                        |                                               |
|----------------------------------------|-----------------------------------------------|
| <b>ONE:</b> Full-Spectrum Vitamins     | <b>SEVEN:</b> Amino Acid Blend                |
| <b>TWO:</b> Minerals                   | <b>EIGHT:</b> Stress Support Blend            |
| <b>THREE:</b> Crucial Oils             | <b>NINE:</b> Green Super Foods                |
| <b>FOUR:</b> Antioxidant Blend         | <b>TEN:</b> Energy Nutrients                  |
| <b>FIVE:</b> Fruit and Vegetable Blend | <b>ELEVEN:</b> Memory/Concentration Nutrients |
| <b>SIX:</b> Immune Support Nutrients   | <b>TWELVE:</b> Men's Targeted Blend           |

DISTRIBUTED, FORMULATED and QUALITY TESTED by:  
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QUESTIONS: Call Nutritional Support 1-800-297-3273  
Weekdays 7:30 AM to 4:30 PM (PST) • Questions@IrwinNaturals.com

**Usage Warning:** Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

<sup>2</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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