

Suggested Usage: Take 3 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



CAPSULE SIZE



ADAMTM

Capsules

Superior Men's Multi

- With Saw Palmetto, Lycopene, Alpha Lipoic Acid & CoQ10
- Plus Resveratrol & Grape Seed Extract

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D (as Ergocalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 mg	667%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg	219%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	250 mcg	10,417%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg	4%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from L-Selenomethionine)	200 mcg	364%

Vitamins

Family owned since 1968.

Copper (from Copper Bisglycinate) (TRAACS TM)	0.5 mg	56%
Manganese (from Manganese Bisglycinate) (TRAACS TM)	2 mg	87%
Chromium (from Chromium Picolinate)	200 mcg	571%
Molybdenum (from Sodium Molybdate)	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto (Berry) (<i>Serenoa repens</i>)	160 mg	†
Alpha Lipoic Acid	50 mg	†
Organic Aloe Vera (Leaf) (Concentrate)	50 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols)	25 mg	†
Inositol	25 mg	†
CoQ10 (Coenzyme Q10)	15 mg	†
trans-Resveratrol [from Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root)]	10 mg	†
Lycopene (from Tomato Extract)	3 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO [®])	500 mcg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Vitamin E from non-GMO soy.

Manufactured & Quality Tested by NOW FOODS
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