

Suggested Usage: Take 2 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

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

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Aquamin® is a registered trademark of Marigot Limited.

LYC-O-MATO® is a registered trademark of Lycopodium Natural Products Ltd.

FloraGLO® is a registered trademark of Kemin Industries, Inc.

Betatene® is a registered trademark of BASF SE.

SOFTGEL SIZE

CODE 3881C V6





ADAM™

Softgels

Superior Men's Multi

- With Saw Palmetto, Plant Sterols, Lycopene & CoQ10
- Gentler and Easier to Swallow & Absorb

180 Softgels

A Dietary Supplement



Contains Gelatin

Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A [60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate]	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K (as Menaquinone and Phytonadione)	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)	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)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	4%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Selenium Glycinate Complex) (Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate) (TRAACS™)	0.5 mg	56%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%

Vitamins

Family owned since 1968.

Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	343%
Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Tomato Extract)	3 mg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon Bark Powder.

Contains soy.

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Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

