

Suggested Usage: Take 1 tablet 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.



TABLET SIZE

ADAM™

Tablets

Superior Men's Multi

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

120 Tablets

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	125 mg	139%
Vitamin D (as Ergocalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha Tocopheryl Succinate)	50 mg	333%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	40 mcg	33%
Thiamin (Vitamin B-1) (from Thiamin HCl)	12.5 mg	1042%
Riboflavin (Vitamin B-2)	12.5 mg	962%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	17.5 mg	109%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	12.5 mg	735%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B-12 (as Methylcobalamin)	125 mcg	5208%
Biotin	150 mcg	500%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	12.5 mg	2%
Calcium (from Calcium Ascorbate and Calcium Citrate)	25 mg	2%
Iodine (from Potassium Iodide)	75 mcg	50%
Magnesium (from Magnesium Citrate)	12.5 mg	3%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Selenium (from L-Selenomethionine)	100 mcg	182%
Copper (from Copper Bisglycinate) (TRAACS™)	0.25 mg	28%

Manganese (from Manganese Bisglycinate) (TRAACS™)	1 mg	43%
Chromium (from Chromium Picolinate)	100 mcg	286%
Molybdenum (from Sodium Molybdate)	37.5 mcg	83%
Potassium (from Potassium Chloride)	12.5 mg	< 1%
Saw Palmetto (Berry) (<i>Serenoa repens</i>)	80 mg	†
Alpha Lipoic Acid	25 mg	†
Organic Aloe Vera (Leaf) (Concentrate)	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols)	12.5 mg	†
Inositol	12.5 mg	†
CoQ10 (Coenzyme Q10)	7.5 mg	†
trans-Resveratrol [from Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root)]	5 mg	†
Lycopene (from Tomato Extract)	1.5 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	250 mcg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silicon Dioxide and Vegetarian Coating.

Vitamin E from non-GMO soy.

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

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

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