

Other ingredients: Organic gum acacia, silicon dioxide, aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin).

Contains: Milk and Soy

Recommended Use: As a dietary supplement, take one (1) tablet daily or as recommended by a health care professional.

WARNING: Consult with a health care professional before use and/or if you are pregnant, lactating or undergoing treatment for a medical condition. Do not exceed recommended dosage. Discontinue use if any adverse reactions occur and contact a health care professional. Do not use if seal under cap is broken or missing. Store tightly closed in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease



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Nature's Wholesome Multi

For Men
One-Per-Day
Essential Vitamins
& Minerals

Made with Organic Ingredients

60 Tablets

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value **	Amount Per Serving	% Daily Value **
Vitamin A †	5000 IU 100 %	Biotin †	150 mcg 50 %
Vitamin C †	60 mg 100 %	Pantothenic Acid †	10 mg 100 %
Vitamin D †	1600 IU 400 %	Calcium	20 mg 2 %
Vitamin E †	30 IU 100 %	(as Calcium lithothamnion)	
Vitamin K †	75 mcg 94 %	Iodine †	75 mcg 50 %
Vitamin K2 †	10 mcg 13 %	Magnesium †	5 mg <2 %
Vitamin B1 (Thiamine) †	1.7 mg 113 %	Zinc †	15 mg 100 %
Vitamin B2 (Riboflavin) †	1.7 mg 100 %	Selenium †	75 mcg 107 %
Vitamin B3 (Niacin) †	20 mg 100 %	Copper †	1.4 mg 70 %
Vitamin B6 †	2 mg 100 %	Manganese †	1 mg 50 %
Folate †	200 mcg 50 %	Chromium †	75 mcg 63 %
Vitamin B-12 †	50 mcg 833 %	Molybdenum †	10 mcg 13 %

Mens Proprietary Blend

125.5 mg

Organic Schisandra powder (fruit/seeds), Organic Maca root powder, Organic Chamomile powder (flowers), Organic Fenugreek seed powder, Organic Oregano powder (leaf), Organic Hawthorne powder (Crataegus oxyacantha) (leaf), Grapeseed extract [Std to 95% Polyphenols], European Elderberry extract (fruit/flower), Organic Eleuthero powder (rhizome), Organic Astragalus root powder, Organic Turmeric rhizome powder, Organic Ginger root powder, and mixed carotenoids

† Nutrients and herbs are cultured in organic media that may contain: Saccharomyces cerevisiae (organic yeast: active and inactive), Lactobacilli (L. acidophilus, L. bifidus, L. rhamnosus) and enzymes (deactivated)

** Daily Value not established

** Daily Values are based on a 2,000 calorie per day diet.