SUGGESTED USAGE: Take 3 softgels daily with food.

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

Albion® and TRAACS® are registered trademarks of Albion Laboratories, Inc.; Aquamin® is a registered trademark of Marigot Limited.; Betatene® is a registered trademark of BASF SE.; ZMA® is a registered trademark of SNAC System, Inc. San Carlos, CA 94070.; CardioAid® is a registered trademark of Archer-Daniels-Midland Company.

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, dark place after opening.

Code 3891N V4

7 33739 03891 3

QUALITY GMP ASSURED

NOW SPORTS

MEN'S ACTIVE SPORTS MULTI

MEN'S HEALTH

FREE FORM AMINOS

HERBAL EXTRACTS

MCT OIL BASE

180 SOFTGELS

A Dietary Supplement

K Contains Gelatin

Supplement Facts

Serving Size 3 Softgels Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%*
Saturated Fat	1.5 g	8%*
Vitamin A (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Menaquinone and Phytonadione)	45 mcg	56%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	1,000 mcg	16,667%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]	50 mg	5%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Aspartate, Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc [from Zinc Bisglycinate (TRAACS®), Zinc Mono-L-methionine and Zinc Aspartate]	15 mg	100%
Selenium (from Selenium Glycinate Complex) (Albion®)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	200 mcg	167%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
MCT (Medium-Chain Triglycerides) Oil	1,500 mg	†
Amino Acids, proprietary blend of: L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Arginine, Taurine (all free-form)	175 mg	†
Tribulus terrestris Extract (Fruit)	100 mg	†
ZMA® (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate and Pyridoxine HCl)	100 mg	†
CardioAid®-S Plant Sterol Esters (with Beta-Sitosterol, plus Campesterol and Stigmasterol)	100 mg	†
Panax ginseng Extract (Root)	100 mg	†
Maca (*Lepidium meyenii*) (Root)	50 mg	†
Green Tea Extract (Leaf)	50 mg	†
Saw Palmetto Extract (Fruit)	50 mg	†
Alpha Lipoic Acid	50 mg	†
Aloe Vera (Leaf) (Concentrate)	50 mg	†
Lutein (from Marigold Extract)	500 mcg	†
Lycopene (from Natural Tomato Extract)	500 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Beeswax and Soy Lecithin.

Contains soy. MCT Oil from coconut/palm kernel oil.

Quality Tested & Packaged by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowsportsproducts.com