Experience the difference 1 tablet per day makes:

- [‡] Clinically Proven Absorption: Vitamins D. B2, B5, folate, calcium & zinc
- Provides nutritional support for bone health and supports immune health with zinc .
- Promotes energy with potent B vitamins *
- Supports blood pressure health and nerve cell protection *
- · Nourishes your body for brain health >
- The Enzyme and Probiotic Blend includes digestive enzymes to aid in breaking down foods+

SUGGESTED USAGE: Take one tablet per day, with or between meals.

KEEP OUT OF REACH OF CHILDREN: Consult your physician prior to using this product if you are taking medication or have a medical condition.

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

Contains NO: Tree nuts, peanuts, eggs, fish, or shellfish.





Eco Guard™ Packaging Bottle made from 100% recycled material* *excluding colorant









Men's One Multivitamin



Supports Immune, Bone & Brain Health*







Vegetarian | Gluten-Free

180 Tablets | Multivitamin Supplement

Supplement Facts

Serving Size 1 Tablet Servings Per Container 180

Amount Pe	er Serving	% DV
Vitamin A (as beta-carotene)	900 mcg	100%
Vitamin C (ascorbic acid)	45 mg	50%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	20 mg	1667%
Riboflavin (vitamin B2)	20 mg	1538%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochlori	20 mg de)	1176%
	mcg DFE ncg folic ac	100% id)
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin	50 mcg	167%
Pantothenic Acid (as calcium pantothenate)	13 mg	260%
Choline (as choline bitartrate)	55 mg	10%
Calcium (from mineral-rich red algae	25 mg	2%
lodine (from inactivated Saccharomyces cerev		100%
Magnesium (as marine magnesium extract from sea wate	50 mg	12%
Zinc (as zinc citrate)	11 mg	100%
Selenium (as selenomethionine)	55 mcg	100%

Amount Pe	er Serving	% D1
Copper (as copper amino acid chelate)	0.9 mg	1009
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium picolinate)	100 mcg	2869
Molybdenum (as	45 mcg	1009

Organic Rainbow Superfoods Blend

acid chelate)

Organic spirulina, organic beet (root),
organic broccoli (plant), organic kale
(leaf), organic spinach (leaf), organic
blackberry (fruit), organic blueberry
(fruit), organic carrot (root), organic
cranberry (fruit)

100 ma

Men's Nourishing Blend 51 mg Organic chlorella, organic green tea (leaf) extract, lycopene Enzyme and 27 ma

Probiotic Blend
Ginger (root) juice extract, amylase
(150 DU†), protease (600 HUT†),
xylanase (80 XU†), maltase (4 DP†),
glucoamylase (0.4 AGU†), hemicellulase
(615 HCU†), beta-glucanase (18 BGU†),
phytase (0.04 FTU†), cellulase (24 CU†),
alpha-galactosidase (4 GalU†), lipase (22
FIPT), lactase (7 ALLIT), invertase (3 SLIT)

Bacillus coagulans MTCC 5856 (25 million CFU†)		
Inositol	20 mg	
Citrus (fruit) bioflavonoids	10 mg	

†Daily Value (DV) not established