

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 3 capsules, 1–2 times daily, with meals.

Warning: Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling.

Please rely on stated quantity.

Certified Gluten-Free by the
Gluten-Free Certification Organization,
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Men's Nutrients

Multivitamin/mineral complex
for men over 40[†]

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement

360 CAPSULES



Supplement Facts

Serving size 3 capsules
Servings per container 120

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin [®] L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate)	100 mg	8%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (from selenium yeast)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Potassium (as potassium citrate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid	37.5 mg	*
MacularSynergy Complex[†]		
FloraGLO [®] lutein	3 mg	*
Zeaxanthin	500 mcg	*
ProstaProtect Plus[†]		
Saw palmetto (Serenoa repens) extract (fruit) (standardized to contain 45% total fatty acids)	160 mg	*
Pygeum (Pygeum africanum) extract (bark) (standardized to contain 2.5% total sterols)	25 mg	*
Lycopene	500 mcg	*
Green tea (Camellia sinensis) leaf (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	25 mg	*
Cardio Polyphenol Complex[†]		
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
EnduraBoost Blend[†]		
Maca (Lepidium meyenii) extract (tuber)	100 mg	*
Astragalus (Astragalus membranaceus) extract (root)	50 mg	*

* Daily value (DV) not established

CHROME MATE

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Selenomax[®] (high selenium yeast). Selenomax[®] is a registered trademark of Nutrition 21, Inc.

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

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