

## FOUNDATIONAL HEALTH

Made with wholesome organic vegetables, fruits and a comprehensive blend of our SuperPure® organic herbs - Vita•Min•Herb® for Men is so much more than a multivitamin. This deeply nourishing and fortifying formula offers men of all ages complete core nutrients and targeted herbal support for your vitality, heart, brain, digestive and immune systems.+

**SUGGESTED USE:** 4 tablets daily with or without food. For best results, take 2 tablets twice daily.

+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.

**The Synergy Company™**

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Certified Organic by Oregon Tilth



**Vita•Min•Herb®**

**MEN'S MULTIVITAMIN**

**MADE WITH ORGANIC  
VEGETABLES, FRUITS & HERBS**

**Dietary Supplement - 120 Tablets**

## Supplement Facts

Serving Size: 4 tablets  
Servings per Container: 30

| Amount per Serving                                                       | % Daily Value                         |
|--------------------------------------------------------------------------|---------------------------------------|
| Vitamin A (as beta-carotene) <sup>†</sup> 1,800 mcg RAE with carotenoids | 200%                                  |
| Vitamin C <sup>†</sup> with bioflavonoids                                | 270 mg 300%                           |
| Vitamin D3 <sup>†</sup>                                                  | 50 mcg (2,000 IU) 250%                |
| Vitamin E <sup>†</sup> with tocopherols and tocotrienols                 | 50 mg 333%                            |
| Vitamin K1 <sup>†</sup>                                                  | 240 mcg 200%                          |
| Thiamin (B1) <sup>†</sup>                                                | 10 mg 833%                            |
| Riboflavin (B2) <sup>†</sup>                                             | 8 mg 615%                             |
| Niacin (as niacinamide) <sup>†</sup>                                     | 32 mg NE 200%                         |
| Vitamin B6 <sup>†</sup>                                                  | 13 mg 765%                            |
| Folate <sup>†</sup>                                                      | 800 mcg DFE (480 mcg folic acid) 200% |
| Vitamin B12 <sup>†</sup>                                                 | 48 mcg 2,000%                         |
| Biotin <sup>†</sup>                                                      | 60 mcg 200%                           |
| Pantothenic Acid <sup>†</sup>                                            | 20 mg 400%                            |
| Choline <sup>†</sup>                                                     | 80 mg 15%                             |
| Calcium (from Lithothamnion calcareum red algae)                         | 130 mg 10%                            |
| Iodine <sup>†</sup>                                                      | 150 mcg 100%                          |
| Magnesium (from Dead Sea mineral concentrate)                            | 85 mg 20%                             |
| Zinc <sup>†</sup>                                                        | 16 mg 145%                            |
| Selenium <sup>†</sup>                                                    | 55 mcg 100%                           |
| Copper <sup>†</sup>                                                      | 0.9 mg 100%                           |
| Manganese <sup>†</sup>                                                   | 2.3 mg 100%                           |
| Chromium GTF <sup>†</sup>                                                | 35 mcg 100%                           |
| Molybdenum <sup>†</sup>                                                  | 45 mcg 100%                           |

|                                 |          |
|---------------------------------|----------|
| Inositol <sup>†</sup>           | 7.5 mg ‡ |
| PABA <sup>†</sup>               | 2.5 mg ‡ |
| Vitamin K2 (as MK-7 from natto) | 25 mcg ‡ |

|                                                                                                                                                                                      |                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Organic Energy &amp; Vitality Builder</b>                                                                                                                                         | <b>475 mg ‡</b> |
| SuperPure® Extracts: Ashwagandha Root* 175 mg, Rhodiola Root* 100 mg, Damiana Leaf* 50 mg, Shatavari Root* 50 mg, Eleuthero Root* 50 mg, Licorice Root* 25 mg, Tribulus Fruit* 25 mg |                 |

|                                                                                                                                                                                                                                                       |                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Organic Digestive Ease</b>                                                                                                                                                                                                                         | <b>215 mg ‡</b> |
| Acacia* 165 mg, SuperPure® Extracts: Triphala Fruits* 25 mg (Amla*, Bibhitake (Terminalia bellerica)*, Haritake (Terminalia chebula)*), Ginger Rhizome* 12.5 mg, Pippali (Piper longum) Fruit* 5 mg, Tangerine Peel* 5 mg, Black Pepper Fruit* 2.5 mg |                 |

|                                                                                                                                 |                 |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Organic Immune Strength</b>                                                                                                  | <b>200 mg ‡</b> |
| SuperPure® Extracts: Astragalus Root* 100 mg, Eleuthero Root* 50 mg, Turmeric (Curcumin) Rhizome* 25 mg, Holy Basil Leaf* 25 mg |                 |

|                                                               |                 |
|---------------------------------------------------------------|-----------------|
| <b>Organic Heart Health</b>                                   | <b>125 mg ‡</b> |
| SuperPure® Extracts: Hawthorn Berry* 75 mg, Fo-Ti Root* 50 mg |                 |

|                                                                                                          |                 |
|----------------------------------------------------------------------------------------------------------|-----------------|
| <b>Organic Mind &amp; Brain Support</b>                                                                  | <b>115 mg ‡</b> |
| SuperPure® Extracts: Bacopa Leaf* 50 mg, Gotu Kola Aerial* 37.5 mg, Turmeric (Curcumin) Rhizome* 27.5 mg |                 |

|                                                                                                                              |                |
|------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Organic Fortifying Spice Blend</b>                                                                                        | <b>15 mg ‡</b> |
| Cinnamon Bark*, Fennel Seed*, Cardamom Seed*, Chrysanthemum Flower*, Rosemary Leaf*, Clove Bud*, Saffron Flower*, Sage Leaf* |                |

\* Cultured in a fermented food matrix: organic soy, organic acacia, organic Saccharomyces cerevisiae, organic maltodextrin, organic orange peel, organic carrot, organic alfalfa, L. acidophilus, B. bifidum, L. rhamnosus, papain & bromelain enzymes

\* Certified Organic

‡ Daily Value Not Established

Other Ingredients: Certified organic barley grass, certified organic vegetarian tablet coating  
Contains: Certified organic fermented soy No GMOs, Dairy or Gluten

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