

CAUTION: If you are pregnant, nursing, under the age of 18, taking medications, or have a known medical condition, you should consult a physician before using this or any dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.



Manufactured for:
Sonora Nutrition
Scottsdale, AZ 85251
www.SonoraNutrition.com


Sonora Nutrition™

MULTIVITAMIN FOR MEN

Advanced Time Release



- ✓ Supports Nutritional Balance*
- ✓ Promotes Optimal Health*
- ✓ Boosts Energy*

Natural Dietary Supplement

100
CAPSULES

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 33

	Amount Per Serving	% Daily Value
Vitamin A	25,000 IU	500%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D-3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-Tocopheryl)	30 IU	100%
Vitamin B-1 (Thiamine HCl)	25 mg	1667%
Vitamin B-2 (Riboflavin)	25 mg	1471%
Vitamin B-3 (Niacinamide)	50 mg	250%
Vitamin B-6 (Pyridoxine HCl)	50 mg	2500%
Vitamin B-12 (Cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Calcium	150 mg	16%
Coral Calcium	300 mg	**
Iodine (kelp)	150 mcg	100%
Magnesium	40 mg	10%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as amino acid chelate)	20 mcg	29%
Copper (as amino acid chelate)	30 mcg	2%

** Daily Value not established

Other Ingredients: Gelatin, Rice Powder. This product contains shellfish ingredients.

SUGGESTED USE: Adults take 3 capsules daily, preferably with a meal, or as directed by a healthcare professional.

Lot & Expiration