

## BETTER LIVING BEGINS WITHIN

Almega®PL, our proprietary form of algae Omega-3, offers 50% better absorption than fish or krill oil<sup>1</sup> and has been clinically shown to increase vigor<sup>2</sup>. For even more support, we added a blend of the most bioavailable forms of vitamins and minerals with fenugreek to improve healthy testosterone levels, and chromium to regulate metabolism. Sustainably farmed in the USA, iwi algae is cultivated in the desert with saltwater and powered by the sun. Not only do we avoid harming the ocean and the life in it, we also give back 1% of our net sales to Ocean Unite. iwi is good for every living thing. Learn more at:

[IWILIFE.COM](http://IWILIFE.COM) & [OCEANUNITE.ORG](http://OCEANUNITE.ORG)



Made from recycled bottles

Manufactured for iwi®  
Houston, TX 77056

<sup>1</sup> (Kagan et al., 2013 Lipids Health Dis)

<sup>2</sup> Rao et al., (2020) Nutrients, 12, 1869

50% MORE ABSORPTION  
SUSTAINABLY SOURCED  
PLANT-BASED



iwi

MADE FROM ALGAE

**MEN'S**

COMPLETE MULTIVITAMIN  
+ Omega-3



BRAIN\* HEART\* IMMUNITY\* ENERGY\*

60 SOFTGELS, DIETARY SUPPLEMENT

Directions: Take 2 softgels daily.

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

| Amount per Serving                               |                                  | % Daily Value |
|--------------------------------------------------|----------------------------------|---------------|
| Calories                                         | 10                               |               |
| Total Fat                                        | 1 g                              | 1%            |
| Cholesterol                                      | 7 mg                             | 2%            |
| Vitamin A (Beta Carotene)                        | 450 mcg RAE                      | 50%           |
| Vitamin C (Ascorbic Acid)                        | 500 mg                           | 111%          |
| Vitamin E3 (Cholecalciferol)                     | 20 mcg                           | 100%          |
| Vitamin E (d-alpha-tocopherol)                   | 15 mg                            | 100%          |
| Thiamine (Thiamine Mononitrate)(Vitamin B1)      | 5 mg                             | 42%           |
| Riboflavin (Vitamin B2)                          | 5 mg                             | 38%           |
| Niacin (as Nicotinamide) (Vitamin B3)            | 5 mg                             | 31%           |
| Vitamin B6 (Pyridoxal 5' Phosphate)              | 2 mg                             | 118%          |
| Folate (Calcium L-5-methyltetrahydrofolate)      | 400 mcg DFE (800 mcg folic acid) | 100%          |
| Vitamin B12 (Methylcobalamin)                    | 2 mcg                            | 83%           |
| Biotin                                           | 25 mcg                           | 83%           |
| Magnesium (Magnesium Citrate)                    | 10 mg                            | 2%            |
| Zinc (Zinc Oxide)                                | 5 mg                             | 45%           |
| Selenium (Sodium Selenite)                       | 25 mcg                           | 45%           |
| Copper (Copper Bisglycinate Chelate)             | 5 mg                             | 56%           |
| Manganese (Manganese Bisglycinate Chelate)       | 1 mg                             | 43%           |
| Chromium (Chromium Nicotinate Glycinate Chelate) | 25 mcg                           | 71%           |
| Fenugreek Seed                                   | 100 mg                           | †             |
| Algae Oil                                        | 820 mg                           | †             |
| Total Omega Fatty Acids                          | 334 mg                           | †             |
| Omega-3 Fatty Acids                              | 281 mg                           | †             |
| EPA (docosapentaenoic Acid)                      | 80 mg                            | †             |
| DHA (docosahexaenoic Acid)                       | 200 mg                           | †             |
| Other Omega 3s                                   | 1 mg                             | †             |
| Omega-6 Fatty Acids                              | 16 mg                            | †             |
| Omega-7 Fatty Acids                              | 29 mg                            | †             |
| Omega-9 Fatty Acids                              | 8 mg                             | †             |
| Polar Lipids                                     | 48 mg                            | †             |
| Chlorophyll                                      | 5 mg                             | †             |

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

Other Ingredients: Softgel Shell: (non-GMO Modified cornstarch, Glycerin, Seaweed Extract, Purified Water); Excipients: Sunflower Seed Oil, Candellila Wax, Olive Oil.

Contains no: Sugar, Gelatin, Nuts, Wheat, Yeast, Pollen, Dairy, Hidden Additives or Artificial Flavors or Colors.

Keep out of the reach of children. Store in a cool, dry place. Do not use if seal is broken or missing.

\* 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.