



LongevityTM MEN

MEN'S MULTIVITAMIN & MINERAL SUPPLEMENT

WITH A VAST BASE OF SUPERFOODS & SUPERIOR HERBS FOR AMAZING ENERGY WELLBEING*

120 TABLET | 30 SERVINGS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (10,000 IU)	6,000 mcg	667%
Vitamin C (as ascorbic acid, camu camu berry extract)...	225 mg	250%
Vitamin D3 (as VitaShine TM vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate) (200 IU)	166 mg	1107%
Thiamine (Vitamin B1) (as thiamine mononitrate)	31 mg	2583%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)	34 mg	2615%
Niacin (as niacinamide, niacin)	100 mg	625%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	42 mg	2471%
Folate (as Quatrefolic [®] (6S)-5-Methyltetrahydrofolate, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin (as d-biotin)	1000 mcg	3333%
Pantothenic acid (as d-calcium pantothenate)	90 mg	1800%
Calcium (as Calcium citrate, pantothenate)	150 mg	12%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	200 mg	47%
Zinc (as Zinc lactate)	20 mg	182%
Selenium (as Selenium l-methyl selenocysteine)	200 mcg	364%
Copper (as Copper sebacate)	1.5 mg	167%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum glycinate)	75 mcg	167%
Potassium (as Potassium citrate)	30 mg	<2%

SuperFood Complex 943.8 mg *

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin

Herbal Extracts 520 mg *

Atractylodes extract (root), Codonopsis extract (root), Astragalus extract (root), White peony extract (root), Eleuthero extract (root), Epimedium sagittatum extract (aerial), Gynostemma extract (whole herb), Aged tangerine extract (peel), Green tea extract (leaf)

	Amount Per Serving	%DV
Co-Nutrients 410.3 mg *		
Mixed tocopherol complex, Sunflower lecithin (source of phosphatidylcholine), Inositol, Octacosanol		
Male Support Factors 291 mg *		
Phytosterol complex (minimum 45% B-Sitosterol), Stinging nettle extract (leaf), Pygeum extract (bark), Lycopene		
Antioxidants 265 mg *		
N-Acetyl-Cysteine, Acetyl-L-Carnitine, MSM, Gamma oryzanol, L-Carnosine, Alpha lipoic acid		
Immune Factors 200 mg *		
Agaricus blazei murrill extract (fruiting body), Cordyceps extract (mycelia), Aloe vera extract (leaf), Maitake extract (fruiting body), Turkey tail extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Laminaria japonica extract		
Bioflavonoids 100 mg *		
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Fruit Extracts 100 mg *		
Rosemary extract (leaf), Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend, Mangosteen fruit extract		
Detoxification & Liver Support 80 mg *		
Milk thistle extract (fruit and seed)		
Digestive Aids/Enzymes 26.5 mg *		
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine [®])		
Carotenoids 4.7 mg *		
Lutein (FloraGLO [®]), Astaxanthin, Zeaxanthin		
Minerals 2 mg *		
Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

Other Ingredients: stearic acid, silicon dioxide, croscarmellose sodium, cellulose, Hecucine

Formulated & Distributed By
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LongevityTM Men delivers a superb blend of vitamins and minerals in a vast base of SuperFoods, adaptogens, Superior Herbs, whole fruit extracts, mushrooms and trace minerals. This base is up to 100 times stronger than those in other leading brands, and makes a difference you'll feel in days. * It supports:

- ✓ Prostate Health & Virility*
- ✓ Vision Health*
- ✓ Healthy Immune Response*
- ✓ Robust Energy Levels & Vitality*

Suggested Use: Four tablets once daily. May be taken with a meal or on an empty stomach. May be taken in divided doses.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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.

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EXPIRATION & LOT #

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