



One 'n' OnlyTM MEN

**ONE-DAILY
WHOLE FOOD BASED MULTIVITAMIN**
SUPPORTS GENERAL HEALTH,
ENERGY PRODUCTION, IMMUNE
FUNCTION, STRESS RESPONSE*

30 TABLETS | 30 SERVINGS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (7500 IU)	4500 mcg	500%
Vitamin C (as Calcium ascorbate)	120 mg	133%
Vitamin D3 (as VitaShine TM vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate) (100 IU)	83 mg	553%
Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)	23.25 mg	1938%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)	25.5 mg	1962%
Niacin (as niacin, niacinamide) a	30 mg	188%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	31.5 mg	1853%
Folate (as L-5-Methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic acid (as d-calcium pantothenate)	30 mg	600%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	25 mg	6%
Zinc (as Zinc lactate)	20 mg	182%
Selenium (as Selenium l-methyl selenocysteine)	150 mcg	273%
Copper (as Copper sebacate)	1 mg	111%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	200 mcg	571%
Molybdenum (as Molybdenum glycinate)	75 mcg	167%

	Amount Per Serving	%DV
SuperFood Complex	292.5 mg	*
Chlorella, Organic Spirulina, Organic Oat grass juice extract, North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin		
Herbal Extracts	160 mg	*
Codonopsis extract (root), Astragalus extract (root), Cinnamon extract (bark), Epimedium sagittatum extract (aerial), Gynostemma extract (whole herb), Milk thistle extract (fruit and seed), Schizandra extract (fruit and seed)		
Male Support Factors	130 mg	*
Phytosterol complex (minimum 45% B-Sitosterol), Pygeum extract (bark), Stinging nettle extract (leaf)		
Immune Factors	115 mg	*
Cordyceps extract (mycelia), Aloe vera extract (leaf), Agaricus blazei murrill extract (fruiting body), Maitake extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Turkey tail extract (fruiting body)		
Co-Nutrients	70 mg	*
Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)		
Fruit Extracts	60 mg	*
Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend; Mangosteen fruit extract		
Bioflavonoids	30 mg	*
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Digestive Aids/Enzymes	17.5 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine [®])		
Minerals	520 mcg	*
Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		

*Daily Value (DV) not established.

Other Ingredients:
cellulose, stearic acid, croscarmellose sodium, silicon dioxide, l-leucine

Formulated & Distributed By:
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Does NOT Contain:
wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

BioPerine[®] is a registered trademark of Sabinsa Corp.



With over 11,400 mg of whole food value, One 'n' OnlyTM Men combines vitamins, minerals, organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely masculine factors into an amazing one-daily multivitamin and mineral complex to support:

- ✓ Energy Levels*
- ✓ Immune & Stress Response*
- ✓ Virility & Prostate Health*
- ✓ General Metabolism*
- ✓ Cellular Health*

Suggested Use: One tablet daily. May be taken with a meal or on an empty stomach.

Storage: Keep closed in a cool, dry place.

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

* 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.



EXPIRATION & LOT #

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