



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

338407-01 EXP 12/20

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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene, Vitamin A Acetate)	1,050 mcg 117%	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Calcium (as Calcium Carbonate)	250 mg 19%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%	Magnesium (as Magnesium Oxide)	140 mg 33%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Zinc (as Zinc Oxide)	15 mg 136%
Vitamin K (as Phytonadione)	20 mcg 17%	Selenium (as Sodium Selenate)	110 mcg 200%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.35 mg 113%	Copper (as Cupric Oxide)	2 mg 222%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Manganese (as Manganese Sulfate)	2 mg 87%
Niacin (as Niacinamide)	18 mg 113%	Chromium (as Chromium Chloride)	120 mcg 343%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 176%	Herbal Blend (Turmeric (<i>Curcuma longa</i>) (root), Pumpkin Seed (<i>Cucurbita pepo</i>), Quercetin (<i>Dimorphandra mollis</i>) (seed), Panax Ginseng Extract (<i>Panax ginseng</i>) (root))	100 mg *
Folate (400 mcg folic acid)	666 mcg DFE 167%	Lycopene	300 mcg *
Vitamin B-12 (as Methylcobalamin)	150 mcg 6,250%		
Biotin (as d-Biotin)	75 mcg 250%		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** FD&C Yellow #6 Lake, Gelatin, Magnesium Silicate, Maltodextrin, Medium Chain Triglycerides, Polydextrose, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical or surgical procedure, have any medical condition or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by any persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

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NATURE'S BOUNTY

NEW!

Men's Multi

Complete
Multivitamin
With Bioavailable
Active Form of B-12



PLUS
HERBAL
BLEND

100 Tablets

MULTIVITAMIN SUPPLEMENT