

care/of

Multivitamin for men

Essential vitamins and
minerals to fill real diet gaps

60 TABLETS, 30 DAY SUPPLY
MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	250 mcg 28%
Vitamin C (as Calcium Ascorbate)	20 mg 22%
Vitamin D3 (Cholecalciferol)	25 mcg 125%
Vitamin E (as d-alpha tocopherol)	4 mg 27%
Vitamin B6	0.8 mg 47%
(as Pyridoxal-5-Phosphate Monohydrate)	
Vitamin B12 (as Methylcobalamin)	2.4 mcg 100%
Choline (as Choline Bitartrate)	150 mg 27%
Calcium (from Calcareous Marine Algae) ...	100 mg 8%
(Lithothamnium sp.) whole plant	
Magnesium (as Magnesium Hydroxide)	90 mg 21%
from seawater)	
Potassium (as Potassium Citrate)	90 mg 2%
Silica (from Bamboo extract)	20 mg *
Bambusa vulgaris stem and leaf	
Boron (Rice Protein Chelate)	2 mg *
Mixed Tocopherols	1 mg *
(d-Beta, d-Gamma, d-Delta tocopherol)	
Vitamin K2	45 mcg *
(as menaquinone-7 from natto)	

*Daily Value not established