

| Amount Per Serving                                                           |          | Amount Per Serving                                       |           |
|------------------------------------------------------------------------------|----------|----------------------------------------------------------|-----------|
| Saw Palmetto Extract (berries) ( <i>Serenoa repens</i> )                     | 100 mg * | Tomato (fruit)                                           | 10 mg *   |
| Cinnamomum sp. (bark)                                                        | 100 mg * | Lemon Bioflavonoid Complex (from fruit)                  | 10 mg *   |
| Bilberry (fruit)                                                             | 50 mg *  | Lutein/Zeaxanthin (from Lutemax™ 2020)                   | 3.75 mg * |
| Ginger Extract (rhizome)                                                     | 40 mg *  | (from Aztec marigold) ( <i>Tagetes erecta</i> ) (flower) |           |
| Inositol                                                                     | 30 mg *  | Lycopene (from tomato)                                   | 2 mg *    |
| Betaine HCl                                                                  | 25 mg *  | Boron (from boron gluconate)                             | 200 mcg * |
| Grape Extract (seed)                                                         | 20 mg *  | Vanadium (from vanadyl sulfate)                          | 2 mcg *   |
| Enzyme Blend (papain, lipase, protease, amylase, beet root fiber, bromelain) | 20 mg *  |                                                          |           |
|                                                                              |          | * Daily Value not established.                           |           |

**Other ingredients:** Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), glycerin, cinnamon (bark) oil.

**seniorlifehealth.com**

**20091 Portola Drive • Salinas, CA 93908**

**SUGGESTED USE:** Take three tablets daily preferably with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

SGS verified the process for manufacturing this product with no GMO ingredients. [www.sgs.com/no-gmo](http://www.sgs.com/no-gmo)

**Store in a cool, dry place.**

**We Guarantee Our Supplements for Potency and Purity**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**To report a serious adverse event, call 1-888-710-0006**



# MEN'S MULTI 45 PLUS DAILY ESSENTIALS



Nutrition Crafted for  
Men's Needs

90 VEGETARIAN  
TABLETS

Dietary  
Supplement

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 30

| Amount Per Serving                                | % Daily Value                           |
|---------------------------------------------------|-----------------------------------------|
| Vitamin A (as beta carotene)                      | 750 mcg RAE (2,500 IU) 83%              |
| Vitamin C (as ascorbic acid)                      | 300 mg 333%                             |
| Vitamin D (as cholecalciferol)                    | 10 mcg (400IU) 50%                      |
| Vitamin E (as d-alpha tocopheryl succinate)       | 50 mg (75 IU) 333%                      |
| Thiamine (as thiamine mononitrate)                | 60 mg 5,000%                            |
| Riboflavin                                        | 60 mg 4,615%                            |
| Niacin (as nicotinic acid)                        | 30 mg 188%                              |
| Vitamin B6 (as pyridoxine hydrochloride)          | 60 mg 3,529%                            |
| Folate                                            | 1,333 mcg DFE (800 mcg folic acid) 333% |
| Vitamin B12 (as cyanocobalamin)                   | 400 mcg 16,667%                         |
| Biotin                                            | 300 mcg 1,000%                          |
| Pantothenic acid (as calcium pantothenate)        | 100 mg 2,000%                           |
| Choline (as Choline Bitartrate)                   | 180 mg 33%                              |
| Calcium (from calcium citrate, calcium phosphate) | 240 mg 18%                              |
| Iron (from ferrous fumarate)                      | 4 mg 22%                                |
| Iodine (from potassium iodide)                    | 150 mcg 100%                            |
| Magnesium (from magnesium oxide)                  | 200 mg 48%                              |
| Zinc (from zinc oxide)                            | 30 mg 273%                              |
| Selenium (from L-selenomethionine)                | 200 mcg 364%                            |
| Copper (from cupric oxide)                        | 2 mg 222%                               |
| Manganese (from manganous gluconate)              | 2 mg 87%                                |
| Chromium (from chromium chloride)                 | 200 mcg 571%                            |
| Molybdenum (from sodium molybdate)                | 45 mcg 100%                             |

KEEP OUT OF REACH OF CHILDREN.

VVL 538-90P1

Lutemax™ 2020 trademark belongs to  
OmniActive Health Technologies Ltd.