

Prod. 29513

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



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Compare to Centrum®
Men Under 50*

CVS/pharmacy

spectravite

Multivitamin/Multimineral Supplement

100 GLUTEN-FREE TABLETS

ULTRA MEN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	3,500 IU 70%
Vitamin C (as Ascorbic Acid)	90 mg 150%
Vitamin D (as D3 Cholecalciferol)	600 IU 150%
Vitamin E (as d-Alpha Tocopheryl Acetate)	45 IU 150%
Vitamin K (as Phylloquinone)	60 mcg 75%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.2 mg 60%
Riboflavin (Vitamin B-2)	1.3 mg 76%
Niacin (as Nicotinamide)	16 mg 60%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	200 mcg 50%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Biotin (as d-Biotin)	40 mcg 13%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	210 mg 21%
Iron (as Ferrous Fumarate)	8 mg 44%

Other Ingredients: Cellulose (Plant Origin), Dextrose, Cellulose Coating, Contains <2% of: FD&C Blue #2 Lake, FD&C Yellow #5 Lake, FD&C Yellow #6 Lake, Gelatin (Fish), Mannitol, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains fish (cod, pollock, haddock, halibut, cusk, rockfish, sole, flounder) ingredients.

DIRECTIONS: For adult men, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor.

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Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate)	30 mg 2%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	11 mg 73%
Selenium (as Sodium Selenate)	100 mcg 140%
Copper (as Cupric Sulfate)	0.9 mg 45%
Manganese (as Manganese Sulfate)	2.3 mg 115%
Chromium (as Chromium Picolinate)	35 mcg 29%
Molybdenum (as Sodium Molybdate)	50 mcg 67%
Chloride (as Potassium Chloride)	72 mg 2%
Potassium (as Potassium Chloride)	80 mg 2%
Silicon (as Silicon Dioxide)	2 mg **
Lycopene	600 mcg **
Boron (as Boric Acid)	150 mcg **
Tin (as Stannous Chloride)	10 mcg **
Vanadium (as Sodium Metavanadate)	10 mcg **
Nickel (as Nickel Sulfate)	5 mcg **

**Daily Value not established.

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 procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.



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