



Mega Multi for Men includes a full spectrum of antioxidants, vitamins and minerals that support men's health.*

Directions: As a dietary supplement, adults take two (2) tablets daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

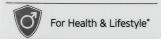
Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

ACTUAL SIZE

No added Salt or Preservatives.



For Men



MULTIVITAMIN &
MULTIMINERAL SUPPLEMENT

21^{3T}Century HealthCare, Inc. 2119 S. Wilson St., Tempe, AZ 95282 USA 21stentury/stamins.com 90506-0420N QUALITY Laboaron TESTED

***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

Proudly Manufactured by



90 TABLETS





Mega Multi For Men

Supplement Facts

Serving Size 2 Tablets / Servings Per Contail	ner 45	
Amount Per Serving	% Dally	/ Value
Vitamin A (100% as Betatene® Beta-Carotene)	3,000 mcg	333%
Vitamin C (as Ascorbic Acid)	300 mg	333%
Vitamin D ₂ (as Cholecalciferoli)	5 mcg (200 IU)	25%
Vitamin E (as d-Alpha Tocopheryl Succinate)	67 mg	447%
Vitamin K (as Phytonadione)	75 mcg	63%
Thiamin (as Thiamin Mononitrate, B-1)	30 mg	2,500%
Riboflavin (Vitamin B-2)	30 mg	2,308%
Niacin (as Niacinamide)	30 mg	188%
Vitamin B-6 (as Pyridoxine HCI)	30 mg	1,765%
Folate	667 mcg DFE (400 mcg Fol	
Vitamin B-12 (as Cyanocobalamin)	30 mcg	1,250%
Biotin	250 mcg	833%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	600%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium (as Calcium Citrate & Dicalcium Phosphate)	210 mg	16%
lodine (as Potassium lodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	25 mg	227%
Selenium (as Selenium Yeast)	100 mcg	182%
Copper (as Copper Oxide)	2 mg	222%
Manganese (as Manganese Gluconate)	5 mg	217%
Chromium (as Chromium Picolinate)	50 mcg	143%
Silica (as Silicon Dioxide)	10 mcg	
Inositol	10 mg	
Para-Aminobenzoic Acid	10 mg	
Citrus Bioflavonoids Complex	25 mg	
Damiana (Turnera aphrodisiaca)(leaf)	70 mg	
Korean Ginseng Extract (Panax ginseng)(root)	70 mg	
Oat Straw (Avena sativa)(root)	70 mg	**
Deodorized Garlic (Allium sativum)(root)	50 mg	
Oyster Extract	50 mg	•
Saw Palmetto (Serenoa repens)(berry)	50 mg	
L-Cysteine HCI	50 mg	
Nettle (Urtica dioica)(leaf)	30 mg	
Pumpkin (Cucurbita pepo)(seed)	30 mg	
dl-Methionine	10 mg	
Alpha-Lipoic Acid	5 mg	
Lutein	500 mcg	
Lycopene	350 mcg	

" Daily Values not established.