

# 21<sup>ST</sup> CENTURY.



## Mega Multi For Men



For Health & Lifestyle\*

ACTUAL SIZE

MULTIVITAMIN &  
MULTIMINERAL SUPPLEMENT

90 TABLETS



**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.

No added Salt or Preservatives.

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

\*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  
21<sup>ST</sup> Century HealthCare, Inc.  
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21stcenturyvitamins.com  
500506-0420N



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## Mega Multi For Men

### Supplement Facts

Serving Size 2 Tablets / Servings Per Container 45

| Amount Per Serving                                    |                                  | % Daily Value |
|-------------------------------------------------------|----------------------------------|---------------|
| Vitamin A (100% as Beta-tarotene® Beta-Carotene)      | 3,000 mcg                        | 333%          |
| Vitamin C (as Ascorbic Acid)                          | 300 mg                           | 333%          |
| Vitamin D <sub>3</sub> (as Cholecalciferol)           | 5 mcg (200 IU)                   | 25%           |
| Vitamin E (as d-Alpha Tocopheryl Succinate)           | 67 mg                            | 447%          |
| Vitamin K (as Phytanadione)                           | 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 HCl)                       | 30 mg                            | 1,765%        |
| Folate                                                | 667 mcg DFE (400 mcg Folic Acid) | 167%          |
| 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%           |
| Iodine (as Potassium Iodide)                          | 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 ( <i>Turnera aphrodiasiacal</i> (leaf))       | 70 mg                            | **            |
| Korean Ginseng Extract ( <i>Panax ginseng</i> (root)) | 70 mg                            | **            |
| Oat Straw ( <i>Avena sativa</i> (root))               | 70 mg                            | **            |
| Deodorized Garlic ( <i>Allium sativum</i> (root))     | 50 mg                            | **            |
| Oyster Extract                                        | 50 mg                            | **            |
| Saw Palmetto ( <i>Serenoa repens</i> (berry))         | 50 mg                            | **            |
| L-Cysteine HCl                                        | 50 mg                            | **            |
| Nettle ( <i>Urtica dioica</i> (leaf))                 | 30 mg                            | **            |
| Pumpkin ( <i>Cucurbita pepo</i> (seed))               | 30 mg                            | **            |
| dl-Methionine                                         | 10 mg                            | **            |
| Alpha-Lipoic Acid                                     | 5 mg                             | **            |
| Lutein                                                | 500 mcg                          | **            |
| Lycopene                                              | 350 mcg                          | **            |

\*\* Daily Values not established.

Other Ingredients: Starch, Maltodextrin, Hydroxypropyl Methylcellulose, Brewers Yeast, Cellulose, Contains 2% of Dicalcium Phosphate, Ethylcellulose, Gelatin, Magnesium Silicate, Magnesium Stearate, Natural Vanilla Flavor, PEG, Polyorbate, Polyvinyl Alcohol, Contains shellfish (oyster), wheat and soy. 500506-0420N  
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