

ANCIENT MULTI

Men's 40+

21 Vitamins and Minerals
Ancient Superfoods
Adaptogenic Herbs
Cordyceps Extract
Fermented Selenium



WHOLE FOOD DIETARY
SUPPLEMENT | 90 CAPSULES



Suggested Use: Adults take 3 capsules per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as 100% beta-carotene*)	2925 mcg	325%
Vitamin C*	60 mg	67%
Vitamin D*	63 mcg (2520IU)	315%
Vitamin E (as d-alpha tocopherol succinate)*	48 mg	320%
Vitamin K (as menaquinone-7)	90 mcg	75%
Thiamin*	6 mg	500%
Riboflavin (as riboflavin-5 phosphate)	6.5 mg	500%
Niacin (as niacinamide*)	18 mg	113%
Vitamin B6 (as pyridoxal-5 phosphate)	31.5 mg	1853%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin*	300 mcg	1000%
Pantothenic acid*	13 mg	260%
Calcium (from organic eggshell)	54 mg	4%
Iron**	3 mg	17%
Iodine**	160 mcg	107%
Magnesium**	40 mg	10%
Zinc**	15 mg	136%
Selenium*	200 mcg	364%
Manganese*	2 mg	87%
Chromium*	400 mcg	1143%

TCM Men's 40+ Blend

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Bovine Liver, Organic Fo-Ti Root Extract, Organic Fenugreek Seed, Chicken Bone Broth, Beef Bone Broth, Organic Ginkgo Leaf Extract, Organic Green Tea Leaf Extract, Organic Turmeric Root Extract, Organic *Hericium erinaceus* (Lion's Mane) Mushroom Extract, Organic Cordyceps Mushroom Extract, Wild Hake Roe, *Rosa roxburghii* Fruit Extract, Tienchi Ginseng Root Extract

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

Contains: Egg, Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

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

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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