

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol.

Contains: Soy

Directions: As a dietary supplement for adults, take 3 tablets daily with a meal or as directed by a healthcare professional.

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.

Caution: Bee Pollen is known to cause allergic reactions in certain allergy-prone individuals. If you are susceptible to bee or pollen-type allergies, please use caution when taking this product.

Warning: Do not use if you are pregnant or nursing.
Hi Energy Multi for Men™ is a high-potency nutritional supplement with a hi-energy botanical blend designed for today's health-conscious man.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Nutrition for Men™

HI ENERGY MULTI FOR MEN™

Super-Nutrient Daily Complex

Now with an Advanced Rhodiola Complex

120 Tablets

Dietary Supplement

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 40

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	7500 mcg RAE	833%
Vitamin C (as ascorbic acid and 4% as ascorbyl palmitate)	250 mg	278%
Vitamin D (as ergocalciferol)	10 mcg (400 IU)	50%
Vitamin E (as natural mixed tocopherols)	40 mg	267%
Thiamin (Vitamin B1) (as thiamine mononitrate)	25 mg	2083%
Riboflavin (Vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1471%
Folate (400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%
Calcium (as calcium carbonate and dicalcium phosphate)	200 mg	15%
Iron (as ferrous bisglycinate chelate)	6 mg	33%
Phosphorus (as dicalcium phosphate)	18 mg	1%
Iodine (from potassium iodide)	200 mcg	133%
Magnesium (as magnesium oxide and 10% magnesium lysinate glycinate chelate)	200 mg	48%
Zinc (as zinc picolinate)	30 mg	273%
Selenium (as L-selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese glycinate chelate)	5 mg	217%
Chromium (as chromium picolinate)	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate)	25 mcg	56%
Chloride (as potassium chloride)	90 mg	4%
Potassium (as potassium chloride)	99 mg	2%

† Rhodiola rosea root extract (standardized for 3% rosavins) 150 mg; Rhodiola crenulata (standardized for 4% salidroside) 50 mg; Phosphatidylcholine 100 mg; Inositol 75 mg, para-Aminobenzoic acid (PABA) 75 mg; Ribonucleic acid (RNA) 75 mg.
Hi-Energy Blend
Bee Pollen; Alfalfa leaf juice concentrate; Oat Straw (aerial part); Saw Palmetto berry; Garlic bulb; Chinese Hawthorn berry; Fo-Ti root; Eleuthero root; Panax ginseng root; Adrenal glandular (bovine); Spirulina; Octacosanol.
† Daily Value not established