Serving Size: 1 Capsule Servings Per Container: 60

| Sel villigo 1 or | | |
|------------------------------------------------------------------------------|---------------------------|------|
| Amount Per Serving | | %DV |
| Vitamin A (as Natural Beta Caroten from Blakeslea Trispora) | e 1100 mcg RAE | 122% |
| Vitamin C (as L-Ascorbate and Acerola Cherry Extract) | 100 mg | 111% |
| Vitamin D3 (as Plant-based Cholecalciferol from Wild-harvested Lichen) | 25 mcg (1000 IU) | 125% |
| Vitamin E (as d-Alpha Tocopheryl from Sunflower) | 17 mg alpha tocopherol | 113% |
| Vitamin K2 (as Menaquinone MK-7) | 120 mcg | 100% |
| Vitamin B1 (from Thiamine HCI) | 1.3 mg | 108% |
| Vitamin B2 (Riboflavin) | 1.4 mg | 108% |
| Vitamin B3 (as Niacinamide) | 17.6 mg NE | 110% |
| Vitamin B6 (from Pyridoxal-5-Phosphate) | 2 mg | 118% |
| Folate (as Active L-5-Methylfolate) | 400 mcg DFE | 100% |
| Vitamin B12 (as Methylcobalamin) | 2.9 mcg | 121% |
| Biotin (as D-Biotin) | 60 mcg | 200% |
| Vitamin B5 (from d-Calcium Pantothenate) | 5.5 mg | 110% |
| Calcium (as Plant-based Aquamin® from Marine Algae and Dicalcium Phosphate) | 60 mg | 5% |

| Amount Per Serving | | %DV |
|-----------------------------------------------------------------------|---------|-----|
| Phosphorus (from Dicalcium Phosphate) | 8 mg | 1% |
| lodine (from Wild, Hand-harvested Kelp) | 100 mcg | 67% |
| Magnesium (as Plant-based Aquamin® Magnesium from Marine Algae) | 60 mg | 14% |
| Zinc (from Zinc Amino Acid Chelate) | 10 mg | 91% |
| Selenium (from Selenium Glycinate Complex)(TRAACS®) | 50 mcg | 91% |
| Copper (as Copper Aminomin) | 0.5 mg | 56% |
| Manganese (as Manganese Sulfate) | 1.5 mg | 65% |
| Chromium (from Chromium Polynicotinate) | 30 mcg | 86% |
| Molybdenum (as Molybdenum Krebs Complex) | 40 mcg | 89% |
| Organic Fruit & Vegetable Blee | nd | |
| Organic Blueberry (Berry) | 10 mg | ** |
| Organic Carrot (Root) | 10 mg | ** |
| Organic Kale (Whole Plant) | 10 mg | ** |
| Organic Pomegranate (Whole Fruit Juice) | 10 mg | |
| Organic Raspberry (Berry) | 10 mg | ** |
| Organic Naspberry (Jewy) Organic Spinach (Leaf/Stalk) | 10 mg | ** |

**Daily Value (DV) not established.

NATURE SUPPLEMENTS



FOR MEN 50+

CAPSULES

FORMULATED TO SUPPORT ENERGY, HEART, & BRAIN H

NO GMOS

NO SOY



NO GLUTEN

FRIENDLY

Suggested Usage: Take one (1) capsule daily with a meal and a full glass of water.

Does NOT contain GMOs, soy. gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

Caution: Keep out of reach of children. As with any dietary supplement, consult a healthcare practitioner prior to use. Store in a cool, dry place. Do not use if safety seal under the lid is broken or missing.

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*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.

VEGAN

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