



Methylated
Vitamins



Organic
Whole Foods



Non
GMO



cGMP
Certified

FERMENTED MEN'S MULTIVITAMIN

25+ VITAMINS & MINERALS
DIETARY SUPPLEMENT | 120 CAPSULES



CODEAGE

Suggested use: Take 4 capsules daily with 8 ounces of water or your favorite beverage. May be taken with or without food.

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	900 mcg 100%	Manganese (as Citrate)	2.3 mg 100%
Vitamin C (as L-Ascorbate, Acerola Cherry)	90 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 100%
Vitamin D3 (as Wild Harvested Lichen)	40 mcg 200%	Molybdenum (as Amino Acid Chelate)	80 mcg 178%
Vitamin E (as D-Alpha Tocopherol Succinate)	32 mg 213%	Men's Vitality Blend	800 mg **
Thiamine (as Thiamine HCl)	1.5 mg 125%	Fermented Astragalus (Root)†, Fermented Beet (Root)†, Fermented Fenugreek (Seed)†, Fermented Hawthorn Berry (Fruit)†, Fermented Licorice (Root)†, Fermented Maca (Root)†, <i>Lepidium meyenii</i> †, Black Pepper Powder (Fruit)†, Fermented Cordyceps Mushroom (Fruiting Bodies)†, Fermented Ginger (Root)†, Fermented Grape (Seed)†, Fermented Panax ginseng (Root)†, Fermented Reishi Mushroom (Fruiting Bodies)†, Fermented Schisandra Berry (Fruit)†, Fermented Turmeric (Root)†	
Vitamin B6 (as Pyridoxal-5-Phosphate)	2 mg 118%	Probiotic Blend (1 Billion CFU)	58 mg **
Folate (as Quatrefolic® (5S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	680 mcg DFE 170%	<i>L. bulgaricus</i> , <i>B. bifidum</i>	
Vitamin B12 (as Methylcobalamin)	6 mcg 250%	Digestive Enzyme Blend	55 mg **
Biotin	300 mcg 1000%	Amylase, Protease, Lipase	
Pantothenic Acid (as Calcium Pantothenate)	5 mg 100%	Omega-3 (from Microalgae)	50 mg **
Choline (from Sunflower)	55 mg 10%	Lutein (from Marigold)	10 mg **
Calcium (as Citrate; Aquamin®)	110 mg 8%	Coenzyme Q-10 (CoQ10)	425 mcg **
Iron (as Ferrous Fumarate)	3 mg 17%	Boron (as Amino Acid Chelate)	160 mcg **
Phosphorus (as Dicalcium Phosphate)	30 mg 2%	Vitamin K2 (as Menaquinone-7)	120 mcg **
Iodine (from Kelp)	150 mcg 100%	Trace Minerals (Sea Water)	20 mcg **
Magnesium (as Citrate)	220 mg 52%	Vanadium Sulfate	10 mcg **
Zinc (as Amino Acid Chelate)	15 mg 136%		
Selenium (as L-Selenomethionine)	70 mcg 127%		
Copper (as Amino Acid Chelate)	1.5 mg 167%		

OTHER INGREDIENTS: Methylcellulose Capsule, Potassium Chloride

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WARNING: Do not exceed recommended dose. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Please use caution if you have allergies or sensitivities to any of the listed ingredients.

This product is manufactured in a facility that processes fish and tree nuts.

QUESTIONS? CODEAGE.COM

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.

Aquamin® is a registered trademark of Marigot Ltd.
Quatrefolic® is a registered trademark of Gnosis S.p.A.
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 and pets.



*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.