

OTHER INGREDIENTS: CULTURE MEDIA (SACCHAROMYCES CEREVISIAE), MAGNESIUM SULFATE FROM CULTURE MEDIA, ORGANIC ACACIA GUM, ORGANIC CARNAUBA WAX, SILICON DIOXIDE, ORGANIC TAPIOCA MALTODEXTRIN, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OIL, ORGANIC GUAR GUM.

PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, MILK, EGGS, SHELLFISH, FISH, WHEAT AND SOY.

MANUFACTURED FOR:
WHOLE FOODS MARKET
550 BOWIE STREET | AUSTIN, TX 78703
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www.wholefoodsmarket.com



TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT

NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT

KEEP OUT OF REACH OF CHILDREN

STORE IN A COOL, DRY PLACE

***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.**



EVERYDAY WELLNESS

FOOD-CULTURED MEN'S +40 MULTI

A One Tablet Daily Food-Cultured Formula with Targeted Herbs & Botanicals to Support Sustained Energy Levels & More[†]

100% Daily Value or More of 13 Essential Vitamins & Minerals

Gentle Enough to Be Taken on an Empty Stomach



120 VEGAN TABLETS

MULTIVITAMIN/
MULTIMINERAL SUPPLEMENT

DIRECTIONS: Take 1 tablet daily.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (100% as Beta-Carotene)	1500mcg 167%	Selenium (as Sodium Selenite from Culture Media)	75mcg 136%
Vitamin C (as Ascorbic Acid from Acerola Cherry Fruit Juice)	60mg 67%	Copper (as Copper Gluconate from Culture Media)	1mg 111%
Vitamin D2 (as Ergocalciferol from Culture Media)	25mcg (1000 IU) 125%	Manganese (as Manganese Sulfate from Culture Media)	1mg 43%
Vitamin E (as D-Alpha Tocopherol)	20.1mg 134%	Chromium (as Chromium Chloride from Culture Media)	60mcg 171%
Vitamin K2 (as Menaquinone-7 from Fermented Chickpea)	80mcg 67%	Molybdenum (as Sodium Molybdate from Culture Media)	10mcg 22%
Thiamin (as Thiamine HCl from Culture Media)	2mg 167%	Prostate Support Blend	90mg *
Riboflavin (from Culture Media)	2mg 154%	Saw Palmetto (Fruit) Extract, Pumpkin Oil (Seed), Nettle (Root) Extract	
Niacin (as Nicotinic Acid from Culture Media)	13mg 81%	Stress/Energy Support Blend	15mg *
Vitamin B6 (as Pyridoxine HCl from Culture Media)	2.9mg 171%	Organic Schisandra (Fruit) Extract, Organic Maca (Root), Organic Chamomile (Flower)	
Folate (as Folic Acid from Culture Media) 667mcg DFE (400mcg Folic Acid)	167%	Cardiovascular Support Blend	10mg *
Vitamin B12 (as Cyanocobalamin from Culture Media)	8mcg 333%	Organic Fenugreek (Seed), Organic Oregano (Leaf), Grapeseed Hydroethanolic Extract, Organic Hawthorn (Berry)	
Biotin (as D-Biotin from Culture Media)	200mcg 667%	Digestive Support Blend	10mg *
Pantothenic Acid (as D-Calcium Panthothenate from Culture Media)	7mg 140%	Organic Aloe (Leaf), Organic Peppermint (Leaf), Organic Coriander (Seed), Organic Cardamom (Fruit)	
Calcium (as Lithothamnion sp. from Marine Algae)	15mg 1%	Organic Ginger (Root) Extract	4mg *
Iodine (as Potassium Iodide from Culture Media)	75mcg 50%	Organic Turmeric (Root)	4mg *
Zinc (as Zinc Oxide from Culture Media)	10mg 91%		

*Daily Value (DV) not established.