



OPTI-MEN®

MULTIVITAMIN FOR ACTIVE MEN

SUPPORTS CELLULAR
ENERGY & METABOLISM**

SUPPORTS
MUSCLE HEALTH*

SUPPORTS
IMMUNITY*

*B-VITAMINS SUPPORT THE BREAKDOWN
AND TRANSPORT OF NUTRIENTS

DIETARY SUPPLEMENT 150 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, mixed carotenoids)	3000 mcg	333%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol)	37.5 mcg	188%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin K (as phytonadione)	75 mcg	63%
Thiamin (as thiamin hydrochloride)	75 mg	6250%
Riboflavin	75 mg	5769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg	2941%
Folate	1020 mcg DFE 255% (600 mcg folic acid)	
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium d-pantothenate)	75 mg	1500%
Choline (as L-choline bitartrate)	10 mg	2%
Calcium (as dicalcium phosphate)	50 mg	4%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, aspartate)	80 mg	19%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper sulfate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	343%
Molybdenum (as molybdenum A.A. chelate)	80 mcg	178%
Sodium	10 mg	< 1%
Amino Men Blend	1 g	
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cystine, L-Lysine Hydrochloride, L-Threonine		
Phyto Men Blend	100 mg	
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Seed Extract, Fruit Blend (Orange Powder, Pineapple Powder, Apple Powder, Grape Powder, Blueberry Powder, Cranberry Powder, Papaya Powder, Elderberry Powder, Bilberry Powder, Black Current Powder, Kiwi Powder), Vegetable blend (Wild Yam Powder, Carrot Powder, Spinach Powder, Cauliflower Powder, Kale Powder, Brussels Sprouts Powder, Broccoli Powder)		
Viri Men Blend	50 mg	
Saw Palmetto Extract (berry), Damiana Extract (leaf), Panax Ginseng Extract (root), Ginkgo Biloba Powdered Extract (leaf), Nettles Powdered Extract (leaf), Pumpkin Extract (seed), Oyster Extract		
Enzyme Blend	50 mg	
Papain, Bromelain, Alpha Amylase and Lipase		
Alpha Lipolic Acid	25 mg	
PABA (para-amino benzoic acid)	10 mg	
Inositol	10 mg	
Boron (as boron citrate)	2 mg	
Lycopene	500 mcg	
Lutein	500 mcg	
Alpha-Carotene	140 mcg	
Vanadium (as vanadium citrate)	100 mcg	
Cryptoxanthin	34 mcg	
Zeaxanthin	28 mcg	

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Hydroxypropyl Methylcellulose (HPMC), Magnesium Stearate, Silica, Glycerine, Sunflower Oil.

DIRECTIONS: Consume 3 tablets with food.

Suggested Use: Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18.



MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS
OF INTERNATIONAL AND DOMESTIC ORIGIN.

*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.



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**
OPTIMUMNUTRITION.COM/AUTHENTIC

STORE IN A COOL, DRY PLACE.

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