



Living Multi®

Optimal Men's Formula

Whole Food Nutrition from Living Nutrients®
Rich in Natural Antioxidants
Nutritional Prostate Health Support†

180 Vegetarian Caplets
Whole Food Vitamin and Mineral Supplement

Suggested Use: Adults take 6 caplets per day depending on nutritional needs. May be taken with or without food. Not intended for children.

Supplement Facts

Serving Size 6 Caplets
 Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	30
Calories from Fat	5
Total Fat	0.5 g <1% ¹
Sodium	40 mg 2%
Total Carbohydrate	4 g 1% ¹
Dietary Fiber	2 g 8% ¹
Sugars	0 g +
Protein	2 g 4% ¹
Vitamin A* (beta-carotene)	10,000 IU 200%
Vitamin C*	90 mg 150%
Vitamin D*	200 IU 50%
Vitamin E*	45 IU 150%
Thiamin* (Vitamin B ₁)	4.5 mg 300%
Riboflavin* (Vitamin B ₂)	5.1 mg 300%
Niacin* (as Niacinamide)	30 mg 150%
Vitamin B ₆ *	6 mg 300%
Folate*	400 mcg 100%
Vitamin B ₁₂ *	48 mcg 800%
Biotin*	900 mcg 300%
Pantothenic Acid*	30 mg 300%
Calcium*	250 mg 25%
Iodine*	180 mcg 120%
Iron*	1 mg 6%
Magnesium*	85 mg 21%
Zinc*	15 mg 100%
Selenium*	100 mcg 143%
Copper*	200 mcg 10%
Manganese*	3 mg 150%
Chromium*	200 mcg 167%
Molybdenum*	75 mcg 100%
Potassium*	30 mg 1%
Boron*	2 mg +
Vanadium*	120 mcg +

Amount Per Serving	% Daily Value
Choline*	30 mg +
Lycopene*	7.5 mg +
Lutein*	5 mg +
Natural Antioxidant Fruit & Veggie Blend	1.6 g +
Acerola Cherry (fruit), Black Currant Extract (fruit), Pomegranate (fruit), Plum (fruit), Grape Seed Extract, Grape Leaf Extract, Grape Skin Extract, Cranberry (fruit), Raspberry (fruit), Blueberry (fruit), Strawberry (fruit), Apple (fruit), Salad Extract (leaf), Onion (bulb), Artichoke Extract (flower)	
Poten-Zyme® Sea Veggie Blend	1.5 g +
Calcified Red Algae, Ascophyllum nodosum, Chlorella, Spirulina, Ecklonia radiata, Laminaria japonica, Macrocystis pyrifera, Ecklonia kurone, Alaria esculenta	
Men's Blend	450 mg +
Saw Palmetto Extract, Tomato Extract (Lycopene), Pygeum africanum, Rhododendron caucasicum Extract	
Poten-Zyme® Tonic Mushroom Blend	450 mg +
Reishi (Ganoderma lucidum) Mycelia*, Maitake (Grifola frondosa) Mycelia*, Shiitake (Lentinula edodes) Mycelia*, Coriolus versicolor Mycelia*, Cordyceps sinensis Mycelia*, Hericium erinaceus Mycelia*, Polyporus umbellatus Mycelia*, Poria cocos Mycelia*, Antrodia auricula Mycelia*, Tremella fuciformis Mycelia*	
Poten-Zyme® Veggie Juice Blend	430 mg +
Barley Grass*, Parsley*, Spinach*, Oat Grass*, Tomato*, Amaranth Sprout*, Quinoa Sprout*, Millet Sprout*, Buckwheat Sprout*, Garbanzo Bean Sprout*, Lentil Sprout*, Adzuki Sprout*, Flax Seed Sprout*, Sunflower Seed Sprout*, Pumpkin Seed Sprout*, Chia Seed Sprout*, Sesame Seed Sprout*, Beet*, Carrot*, Broccoli*, Kale*, Red Cabbage*, Brussels Sprout*, Green Bell Pepper*, Cucumber*, Celery*, Garlic*, Ginger Root*, Green Onion*, Cauliflower*, Asparagus*	
Antioxidant Beverage & Spice Blend	260 mg +
Green Tea Extract, Ginger Extract, Turmeric Extract, Marigold Extract, Rosemary Extract, White Tea Extract, Coffee Extract, Thyme Extract	

¹ Percent Daily Values are based on a 2,000 calorie diet.
 + Daily Value not established.

Other ingredients: Microcrystalline cellulose, sodium croscarmellose, oat fiber, magnesium stearate (vegetable source), stearic acid (vegetable source), vegetable coating, probiotic cultures.

*Living Nutrients® are complexes of vitamins and minerals that have been made more body-ready by probiotic microorganisms and their enzymes.

**Organic Vegetarian • Dairy Free

Recyclable Bottle



We Buy 100% Certified Renewable Energy

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CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

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 physician or poison control center immediately.

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal is broken or missing.

This product is made with natural ingredients; therefore color may vary from lot to lot.

Contains no artificial colors or preservatives.

* 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.

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