NATURE'S BOUNTY®

Your Life®

PRESCRIPTIVE FORMULAS®

MULTIVITAMIN/MULTIMINERAL

Men's COMPLETE DAILY PACKS

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PRESCRIPTIVE FORMULAS®

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Men's COMPLETE DAILY PACKS

SUPPORTS:

- Reproductive Health*
- Immune Health*
- Heart Health*
- Eye Health*
- Antioxidant Health*

With Saw Palmetto, Omega-3 & Zinc

30 DAY SUPPLY PACKETS | DIETARY SUPPLEMENT

Multivitamin/Mineral
A balanced supplement providing essential vitamins and minerals for antioxidant health.*

Vitamin D
Vitamin D3 is a potent and active form of Vitamin D, which supports immune health.* Vitamin D3 also supports strong bones and teeth.*

Vitamin C
Vitamin C plays an important role in supporting immune function.* As an antioxidant, Vitamin C helps fight cell-damaging free radicals in the body.*

Vitamin E
Vitamin E is a potent antioxidant that helps fight free radicals.*

B-Complex
Made up of several B vitamins that work well together to support nervous system health and energy metabolism.* Each nutrient in the B Vitamin Complex performs a unique role in providing nourishment for the occasional stress of daily living and is essential for well-being.*

Fish Oil 1000 mg providing 300 mg Omega-3
Contains EPA and DHA, two fatty acids vital for good health.* The Omega-3 fatty acids are important for cellular, heart and metabolic health.*

Saw Palmetto
A traditional herb used by men.

A COMPLETE DAILY NUTRITIONAL PROGRAM FORMULATED TO SYNERGISTICALLY WORK TOGETHER FOR OPTIMAL NUTRITION CONVENIENT INDIVIDUAL PACKS TO USE AT WORK, THE GYM, WHILE TRAVELING OR AT HOME

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

LABORATORIES GUARANTEED QUALITY TESTED

NATURE'S BOUNTY.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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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.

Part No. 22-30010

DIRECTIONS: For adults, take one (1) packet daily, preferably with a meal. Prod. No. 30010

Supplement Facts

Serving Size 1 Packet

Amount Per Serving		%Daily Value
Calories	20	
Calories from Fat	15	
Total Fat	1.5 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	5 mg	2%
Protein	<1 g	1%**
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	560 mg	933%
Vitamin D (as D3 Cholecalciferol)	1,500 IU	375%
Vitamin E (as dl-Alpha Tocopheryl Acetate and d-Alpha Tocopherol)	450 IU	1,500%
Vitamin K (as Phytonadione)	30 mcg	38%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Thiamin Mononitrate)	6.5 mg	433%
Riboflavin (Vitamin B-2)	6.7 mg	394%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	26 mcg	433%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	14.6 mg	146%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	248 mg	25%
Phosphorus (as Dicalcium Phosphate)	42 mg	4%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%

Amount Per Serving		%Daily Value
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	45 mcg	38%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Sodium	5 mg	<1%
Potassium (as Potassium Chloride)	80 mg	2%
Fish Oil	1,000 mg (1 g)	***
provides 300 mg of Total Omega-3 Fatty Acids† comprising of:		***
EPA (Eicosapentaenoic Acid)		***
DHA (Docosahexaenoic Acid)		***
Other Fatty Acids		***
Desiccated Liver	100 mg	***
Brewer's Yeast	50 mg	***
Choline Bitartrate	20 mg	***
Rose Hips	14 mg	***
Inositol	10 mg	***
Saw Palmetto Extract *(Serenoa repens)* (berry) (Standardized to contain 85-95% fatty acids and biologically active sterols, 136-152 mg)	160 mg	***
Lycopene	300 mcg	***
Lutein	250 mcg	***
Boron (as Boric Acid and Sodium Borate)	150 mcg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***
Nickel (as Nickel Sulfate)	5 mcg	***
Silicon (as Silicon Dioxide)	2 mg	***

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

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Glycerin, Olive Oil, Soybean Oil, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Crospovidone, Calcium Silicate, Titanium Dioxide Color, Silica, Starch, Corn Oil, Mixed Natural Tocopherols, FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake.

Contains wheat and fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides.

No Artificial Flavor, **No** Preservatives, **No** Sugar, **No** Milk, **No** Lactose, **No** Shellfish.

WARNING: This product is intended for use by men and not intended for use by women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer wrap is missing or torn.

Fish Oil - Product of Peru

15M B51336 (30274, 430, 6470, 35859, 50412, 12310, 19934)

B51336 15M GAC

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