

MEN'S



Living Green Liquid-Gel Multi



Specialized for Men with:

- ✓ 12 Key Nutrient Groups
- ✓ Whole Food Concentrates
- ✓ Pumpkin Seed & Saw Palmetto

90 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

DIRECTIONS: (Adult) Take three (3) Liquid Soft-Gels per day all at once or in divided doses with food and a full glass (8oz) of water.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	35	
Total Fat	2 g	3%**
Cholesterol	5 mg	1%
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Ascorbic Acid)	250 mg	278%
Vitamin D3 (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-Alpha Tocopherol)	134 mg	895%
Thiamin (as Thiamine Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Nicotinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Folate (600 mcg folic acid)	1020 mcg DFE	255%
Vitamin B12 (as Methylcobalamin)	60 mcg	2500%
Biotin	15 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	20 mg	400%
Calcium (as Calcium Citrate)	50 mg	4%
Magnesium (as Magnesium Amino Acid Chelate)	25 mg	6%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as L-Selenomethionine)	75 mcg	136%
Copper (as Copper Amino Acid Chelate)	2 mg	222%
Manganese (as Manganese Ascorbate)	2 mg	87%
Chromium (as Chromium Polynicotinate)	120 mcg	343%
Molybdenum (as Molybdenum Amino Acid Chelate)	225 mcg	500%
Crucial Oil Complex Pumpkin Seed Oil, Fish Oil (30% Omega-3 fatty acids (EPA and DHA)), Flaxseed Oil (50% ALA)(seed)	2060 mg	†

	Amount per Serving	%Daily Value
Targeted Blend Milk Thistle powder (seed), Saw Palmetto Oil (fruit), Singing Nettle powder (leaf)	135 mg	†
Antioxidant Blend Acai (Assia Palm) (<i>Euterpe oleracea</i>) extract (4:1)(fruit), Grape Seed extract (95% polyphenols), Green Tea extract (50% polyphenols)(leaf), Resveratrol(from Japanese Knotweed extract (root)), White Tea extract (90% polyphenols)(leaf)	60 mg	†
Fruit and Vegetable Blend Alliata (Asiaticum) (<i>Asparagus</i> (erial), Beet (root), Blueberry (<i>Vaccinium angustifolium</i>)(fruit), Broccoli (leaf), Brussels Sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)(leaf), Cabbage (<i>Brassica oleracea</i>)(leaf), Carrot (<i>Daucus carota</i> ssp. <i>sativus</i>)(root), Collards (leaf), Garlic (bulb), Ginger (root), Grape (seed), Grapefruit (fruit), Lemon (fruit), Onion (bulb), Papaya (fruit), Pineapple (fruit), Spinach (leaf), Tomato (fruit)	57 mg	†
Amino Acid Blend L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Threonine, L-Tyrosine, L-Valine, L-5-Hydroxytryptophan, L-Valine	54 mg	†
Adrenal Blend Asian Ginseng powder (root), Montmorillonite	24 mg	†
Traditional Botanical Blend Astragalus (<i>Astragalus membranaceus</i>) powder (root), Eupileum (<i>Eupileum chinense</i>) powder (root)	21 mg	†
Green Super Food Blend Barley Grass powder, Chlorella (<i>Chlorella pyrenoidosa</i>) powder (whole plant), Spirulina (<i>Spirulina platensis</i>) powder	18 mg	†
Brain Blend Ginkgo powder (leaf), Phosphatidylserine	18 mg	†
BioPerine® Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	6 mg	†

**Daily Value based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soybean oil, beeswax, soy lecithin, medium chain triglyceride (MCT) oil, dicalcium phosphate, mannitol, titanium dioxide (color), sodium copper chlorophyllin (color) and maltodextrin.
Contains: Fish (anchovy, sardine), Soy, Tree Nuts (coconut, palm kernel)
BioPERINE® is a registered trademark of Sabinsa Corporation. No preservatives added.

Men's Living Green Liquid-Gel Multi sets a new standard in today's world of low nutrition and high stress. Combining powerful botanicals and essential nutrients, this is not a one-size-fits-all formula... it's targeted to benefit the unique nutrition profile of men. For example, it delivers Pumpkin Seed and Saw Palmetto.

Most importantly, it's one of the world's only multivitamin formulas delivered in a Liquid Soft-Gel. So what does that mean to you? Liquid Soft-Gels are easier to swallow, they release their nutrients quickly, and they are free of binders/fillers that are typically found in tablets – leaving more room for life-giving nutrients. But the greatest benefit of Liquid Soft-Gels is that they can hold important oils, such as Omega-3 Essential Fatty Acids (EFAs). This breakthrough formula combines over 70 nutrients, vitamins and minerals that cover the following 12 categories:

ONE: Full-Spectrum Vitamins	SEVEN: Amino Acid Blend
TWO: Minerals	EIGHT: Traditional Botanical Blend
THREE: Crucial Oil Complex	NINE: Green Super Food Blend
FOUR: Antioxidant Blend	TEN: Adrenal Blend
FIVE: Fruit and Vegetable Blend	ELEVEN: Brain Blend
SIX: Immuno Blend	TWELVE: Targeted Blend

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Irwin Naturals® 5310 Beethoven Street • Los Angeles, CA 90066
www.IrwinNaturals.com
QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions, including heart disease, high blood pressure and hormone-sensitive conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.
WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

