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Made in the USA

CODE 3890T

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# Men's Extreme Sports Multi

With Free-Form Amino Acids,  
ZMA<sup>®</sup>, Tribulus, MCT Oil,  
Herbal Extracts and more!  
**90 Softgels**  
A Dietary Supplement



## Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

|                                                                                             | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------------------------------|--------------------|---------------|
| Calories                                                                                    | 25                 |               |
| Calories from Fat                                                                           | 20                 |               |
| Total Fat                                                                                   | 2.5 g              | 4%*           |
| Saturated Fat                                                                               | 1.5 g              | 8%*           |
| Trans Fat                                                                                   | 0 g                | †             |
| Vitamin A (100% as Beta-Carotene) (BetaCarotene®)                                           | 5,000 IU           | 100%          |
| Vitamin C (as Ascorbic Acid)                                                                | 120 mg             | 200%          |
| Vitamin D-3 (as Cholecalciferol)                                                            | 1,000 IU           | 250%          |
| Vitamin E (from d-alpha Tocopheryl Acetate)                                                 | 100 IU             | 333%          |
| Vitamin K (as Menaquinone and Phytionadione)                                                | 45 mcg             | 56%           |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                                                    | 50 mg              | 3333%         |
| Riboflavin (Vitamin B-2)                                                                    | 50 mg              | 2941%         |
| Niacin (Vitamin B-3) (as Niacinamide)                                                       | 40 mg              | 200%          |
| Vitamin B-6 (from Pyridoxine HCl)                                                           | 50 mg              | 2500%         |
| Folate (as Folic Acid)                                                                      | 400 mcg            | 100%          |
| Vitamin B-12 (as Methylcobalamin)                                                           | 1,000 mcg          | 16,667%       |
| Biotin                                                                                      | 300 mcg            | 100%          |
| Pantothenic Acid (from Calcium Pantothenate)                                                | 50 mg              | 500%          |
| Calcium (from Calcium Carbonate (Aquamin® Red Algae Sea Minerals))                          | 50 mg              | 5%            |
| Iodine (from Potassium Iodide)                                                              | 225 mcg            | 150%          |
| Magnesium (from Magnesium Aspartate, Magnesium Citrate and Aquamin® Red Algae Sea Minerals) | 15 mg              | 4%            |
| Zinc (from Zinc Bisglycinate (TRAACS®), Zinc Mono-L-methionine and Zinc Aspartate)          | 15 mg              | 100%          |

|                                                                                                                        |                  |      |
|------------------------------------------------------------------------------------------------------------------------|------------------|------|
| Selenium (from Selenium Glycinate Complex) (TRAACS®)                                                                   | 200 mcg          | 288% |
| Copper (from Copper Bisglycinate) (TRAACS®)                                                                            | 2 mg             | 100% |
| Manganese (from Manganese Bisglycinate) (TRAACS®)                                                                      | 2 mg             | 100% |
| Chromium (from Chromium Picolinate)                                                                                    | 200 mcg          | 167% |
| Molybdenum (from Sodium Molybdate)                                                                                     | 75 mcg           | 100% |
| MCT Oil                                                                                                                | 1.5 g (1,500 mg) | †    |
| Amino Acids, proprietary blend of: L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Arginine, Taurine (all free-form) | 175 mg           | †    |
| Tribulus terrestris Extract (Fruit)                                                                                    | 100 mg           | †    |
| ZMA® (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate and Pyridoxine HCl)                                  | 100 mg           | †    |
| CardioAid®-S Plant Sterol Esters (with Beta-Sitosterol, plus Campesterol and Stigmasterol)                             | 100 mg           | †    |
| Panax ginseng Extract (Root)                                                                                           | 100 mg           | †    |
| Maca (Lepidium meyenii) (Root)                                                                                         | 50 mg            | †    |
| Green Tea Extract (Leaf)                                                                                               | 50 mg            | †    |
| Saw Palmetto Extract (Fruit)                                                                                           | 50 mg            | †    |
| Alpha Lipoic Acid                                                                                                      | 50 mg            | †    |
| Aloe Vera Concentrate (200:1) (Freeze-Dried)                                                                           | 50 mg            | †    |
| Lycopene (from Natural Tomato Extract)                                                                                 | 500 mcg          | †    |

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Beeswax, Soy Lecithin and Lutein (from Marigold Flower Extract).

Contains soy. MCT Oil from coconut/palm kernel oil.

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For more product information visit [www.nowfoods.com/3890](http://www.nowfoods.com/3890)

**SUGGESTED USAGE:** As a dietary supplement, take 3 softgels daily with food.

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Aquamin® is a registered trademark of Marigot Limited; Betalenes® is a registered trademark of BASF SE; ZMA® is a registered trademark of SNAAC System, Inc. San Carlos, CA 94070; CardioAid® is a registered trademark of Archer-Daniels-Midland Company.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle. Store in a cool, dry place after opening.