



Methylated
Vitamins



Whole Foods



Non
GMO



cGMP
Certified

FERMENTED

MEN'S MULTIVITAMIN

25+ VITAMINS & MINERALS
DIETARY SUPPLEMENT | 120 CAPSULES



CODEAGE

Suggested use: Take 4 capsules daily with 8 ounces of water or your favorite beverage. May be taken with or without food.

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	900 mcg 100%	Manganese (as Citrate)	2.3 mg 100%
Vitamin C (as L-Ascorbate, Acerola Cherry)	90 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 100%
Vitamin D3 (as Wild Harvested Lichen)	40 mcg 200%	Molybdenum (as Amino Acid Chelate)	80 mcg 178%
Vitamin E (as D-Alpha Tocopherol Succinate)	32 mg 213%	Men's Vitality Blend	800 mg **
Thiamin (as Thiamine HCl)	1.5 mg 125%	Fermented Astragalus (Root), Fermented Beet (Root), Fermented Fenugreek (Seed), Fermented Hawthorn Berry (Fruit), Fermented Licorice (Root), Fermented Maca (Root, Lepidium meyeri), Black Pepper Powder (Fruit), Fermented Cordyceps Mushroom (Fruiting Bodies), Fermented Ginger (Root), Fermented Grape (Seed), Fermented Panax ginseng (Root), Fermented Reishi Mushroom (Fruiting Bodies), Fermented Schisandra Berry (Fruit), Fermented Turmeric (Root)	
Riboflavin (as Riboflavin 5-Phosphate)	1.5 mg 115%	Probiotic Blend (1 Billion CFU)	58 mg **
Niacin (as Nicotinamide)	20 mg 125%	<i>L. bulgaricus, B. bifidum</i>	
Vitamin B6 (as Pyridoxal-5-Phosphate)	2 mg 118%	Digestive Enzyme Blend	55 mg **
Folate (as Quatrefolic® (5S)-5-Methyltetrahydrofolate Acid, Glucosamine Salt)	680 mcg DFE 170%	Amylase, Protease, Lipase	
Vitamin B12 (as Methylcobalamin)	6 mcg 250%	Omega-3 (from Microalgae)	50 mg **
Biotin	300 mcg 1000%	Lutein (from Marigold)	10 mg **
Pantothenic Acid (as Calcium Pantothenate)	5 mg 100%	Coenzyme Q-10 (CoQ10)	425 mcg **
Choline (from Sunflower)	55 mg 10%	Boron (as Amino Acid Chelate)	160 mcg **
Calcium (as Citrate, Aquamin®)	110 mg 8%	Vitamin K2 (as Menquinone-7)	120 mcg **
Iron (as Ferrous Fumarate)	3 mg 17%	Trace Minerals (Sea Water)	20 mcg **
Phosphorus (as Dicalcium Phosphate)	30 mg 2%	Vanadium Sulfate	10 mcg **
Iodine (from Kelp)	150 mcg 100%		
Magnesium (as Citrate)	220 mg 52%		
Zinc (as Amino Acid Chelate)	15 mg 138%		
Selenium (as L-Selenomethionine)	70 mcg 127%		
Copper (as Amino Acid Chelate)	1.5 mg 167%		

OTHER INGREDIENTS: Methylcellulose Capsule, Potassium Chloride
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WARNING: Do not exceed recommended dose. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Please use caution if you have allergies or sensitivities to any of the listed ingredients. This product is manufactured in a facility that processes fish and tree nuts.

QUESTIONS? CODEAGE.COM

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 doctor or poison control center immediately.

Aquamin® is a registered trademark of Marigold Ltd.
Quatrefolic® is a registered trademark of Onasis S.p.A.
Store in a cool, dry place. Do not use if product has been opened or tampered with in any way.
Keep out of reach of children and pets.



*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.