



Recommendation: Men take 1 tablet daily, preferably with food. Not formulated for women or children. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you have a kidney disorder, hypercalcemia, hypercalciuria, a bleeding disorder, or if you are taking Coumadin[®] (warfarin) or any other medication, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% DV **
Vitamin A (as 70% [630 mcg] retinyl acetate, 30% [270 mcg] beta-carotene)	900 mcg 100%
Vitamin C (ascorbic acid)	135 mg 150%
Vitamin D3 (as cholecalciferol)	40 mcg 200%
Vitamin E (as dl-alpha tocopheryl acetate)	22.5 mg 150%
Vitamin K (as phytonadione)	120 mcg 100%
Thiamin (as thiamin mononitrate)	2.4 mg 200%
Riboflavin	2.6 mg 200%
Niacin (as niacinamide)	24 mg 150%
Vitamin B6 (as pyridoxine HCl)	4.25 mg 250%
Folate (240 mcg Folic Acid)	400 mcg DFE 100%
Vitamin B12 (as cyanocobalamin)	18 mcg 750%
Biotin	30 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7.5 mg 150%
Calcium (as calcium carbonate, dicalcium phosphate, D-calcium pantothenate)	130 mg 10%

Other ingredients: cellulose, gelatin, sodium croscarmellose, hydroxypropyl cellulose, stearic acid, hypromellose, polydextrose, titanium dioxide color, riboflavin color, medium chain triglycerides, magnesium stearate, silica

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

FREE FROM gluten, yeast-derived ingredients, wheat, and dairy.
†Trademark of its respective company.



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Amount per Serving	% DV **
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	105 mg 25%
Zinc (as zinc oxide)	16.5 mg 150%
Selenium (as sodium selenate)	96 mcg 175%
Copper (as copper sulfate)	0.9 mg 100%
Manganese (as manganese sulfate)	2.3 mg 100%
Molybdenum (as sodium molybdate)	45 mcg 100%

Orchard Fruits™ & Garden Veggies™ 100 mg
Powder Blend: Orange, Blueberry, Carrot, Plum, Pomegranate, Strawberry, Pear, Apple, Beet, Raspberry, Pineapple, Pumpkin, Cherry, Cauliflower, Grape, Banana, Cabbage, Tomato, Acai, Asparagus, Brussels Sprout, Cranberry, Cucumber, Pea, Broccoli, Spinach

Lycopene	600 mcg **
Boron (as sodium borate)	150 mcg **
FloraGLO® Lutein Carotenoid (from Aztec Marigold [flower] Extract)	100 mcg **

**Daily Value (DV) not established.

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