



ANCIENT
NUTRITION

Men's 40+
Multi

21 Vitamins & Minerals

Ancient Superfoods
Adaptogenic Herbs
Cordyceps Extract

WHOLE FOOD DIETARY SUPPLEMENT | 90 CAPSULES

Suggested Use: Adults take 3 capsules per day.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as 100% beta-carotene)	2925 mcg	325%
Vitamin C*	60 mg	67%
Vitamin D*	63 mcg (2520IU)	315%
Vitamin E* (as d-alpha tocopherol succinate)	48 mg	320%
Vitamin K (as menaquinone-7)	90 mcg	75%
Thiamin*	6 mg	500%
Riboflavin (as riboflavin-5 phosphate)	6.5 mg	500%
Niacin* (as niacinamide)	18 mg	113%
Vitamin B6 (as pyridoxal-5 phosphate)	31.5 mg	1853%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin*	300 mcg	1000%
Pantothenic acid*	13 mg	260%
Calcium (from eggshell)	54 mg	4%
Iron**	3 mg	17%
Iodine**	160 mcg	107%
Magnesium**	40 mg	10%
Zinc**	15 mg	136%
Selenium*	200 mcg	364%
Manganese*	2 mg	87%
Chromium*	400 mcg	1143%

TCM Men's 40+ Blend

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Bovine Liver, Organic Fo-Ti Root Extract, Organic Fenugreek Seed, Chicken Bone Broth, Beef Bone Broth, Organic Ginkgo Leaf Extract, Organic Green Tea Leaf Extract, Organic Turmeric Root Extract, Organic *Hericium erinaceus* (Lion's Mane) Mushroom Extract, Organic Cordyceps Mushroom Extract, Wild Hake Roe, *Rosa roxburghii* Fruit Extract, Tienchi Ginseng Root Extract.

+ Daily Value (DV) not established.

Other ingredients: Beef gelatin.

Contains: Egg, Fish (Hake).

*Nutrient fermented from *Saccharomyces cerevisiae* **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**
Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, egg, fish.

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.

WARNING: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if inner safety seal is broken or missing. Keep out of reach of children.

Color and odor may vary from lot to lot. Store in a cool, dry place.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

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Manufactured for:
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