



WHOLE FOOD DIETARY SUPPLEMENT | 30 CAPSULES

**ANCIENT
NUTRITION**

**Men's 40+
Once Daily Multi**

20 Vitamins & Minerals

**Ancient Superfoods
Adaptogenic Herbs
Cordyceps Extract**

Suggested Use: Adults take 1 capsule per day.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	2925 mcg	325%
Vitamin C*	27.5 mg	31%
Vitamin D*	40 mcg (1600IU)	200%
Vitamin E (as d-alpha tocopherol succinate)	32 mg	213%
Vitamin K (as menaquinone-7)	90 mcg	75%
Thiamin*	2.1 mg	175%
Riboflavin (as riboflavin-5 phosphate)	5.1 mg	392%
Niacin* (as niacinamide)	6 mg	38%
Vitamin B6 (as pyridoxine-5 phosphate)	15.7 mg	924%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin*	150 mcg	500%
Pantothenic acid*	7 mg	140%
Calcium (from eggshell)	26 mg	2%
Iron**	3 mg	17%
Magnesium**	15 mg	4%
Zinc**	10 mg	91%
Selenium*	100 mcg	182%
Manganese*	1 mg	43%
Chromium*	200 mcg	571%

TCM Men's 40+ Once Daily Blend

+
Organic Cordyceps Mushroom Extract, Organic Fo-Ti Root Extract, Organic Ginkgo Leaf Extract, Organic Schisandra Berry Extract, Organic Turmeric Root Extract, Organic Hawthorn Berry Extract, Organic Fenugreek Seed, Bovine Liver, Chicken Bone Broth, Beef Bone Broth, *Rosa roxburghii* Fruit Extract, Tienchi Ginseng Root Extract, Wild Hake Roe.

+ 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.



CL-TCM3704-060822

Manufactured for:
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