



WHOLE FOOD DIETARY SUPPLEMENT | 30 CAPSULES

**ANCIENT
NUTRITION**

**Men's
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 100% beta-carotene)	2925 mcg	325%
Vitamin C*	27.5 mg	31%
Vitamin D3*	40 mcg (1600IU)	200%
Vitamin E (as d-alpha tocopherol succinate)	24 mg	160%
Vitamin K2 (as menaquinone-7)	45 mcg	38%
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**	13 mg	3%
Zinc**	10 mg	91%
Selenium*	100 mcg	182%
Manganese*	1 mg	43%
Chromium*	200 mcg	571%

TCM Men's Once Daily Blend

127 mg +
Beef Bone Broth, Organic Fenugreek Seed, Bovine Liver, Chicken Bone Broth, Organic Licorice Root Extract, Organic Cordyceps Mushroom Extract, Organic Schisandra Berry Extract, Organic Ginger Root Extract, Organic Reishi Mushroom 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-TCM3254-121522

Manufactured for:

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