

MADE WITH
WHOLE FOOD
NUTRIENTS



ANCIENT
NUTRITION

Men's Fermented Multi



VEGAN



REAL
FOOD



OPTIMIZED FOR
ABSORPTION

WHOLE FOOD DIETARY SUPPLEMENT | 60 CAPSULES

Suggested Use: Adults take 2 capsules per day.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as beta-carotene)	1,485 mcg	170%
Vitamin C (from Lipid Metabolite Ascorbate)	236 mg	260%
Vitamin D* (as cholecalciferol)	39.2 mcg	200%
Vitamin E (as d-alpha tocopherol succinate)	31.5 mg	210%
Vitamin K (as menaquinone-7)	82.8 mcg	70%
Thiamin*	2 mg	170%
Riboflavin (as riboflavin-5 phosphate)	6.5 mg	500%
Niacin* (as niacinamide)	13.2 mg	80%
Vitamin B6 (as pyridoxal-5 phosphate)	24 mg	1410%
Folate (as (6S)-5-Methyltetrahydrofolate, calcium salt)	892.3 mcg DFE	220%
Vitamin B12 (as methylcobalamin)	93.9 mcg	3910%
Biotin*	281.3 mcg	940%
Pantothenic acid*	12.9 mg	260%
Calcium (from <i>Lithothamnion spp.</i>)	49.4 mg	4%
Iron**	3 mg	15%
Iodine**	159.5 mcg	110%
Magnesium**	34.2 mg	8%
Zinc**	15 mg	140%
Selenium*	200 mcg	360%
Manganese*	2 mg	90%
Chromium**	400 mcg	1140%

Organic Men's Botanical Blend

Organic Fermented Fenugreek Seeds, Organic Fermented Ginger Root, Organic Fermented Ashwagandha Root, Organic Cordyceps Mycelium, Organic Reishi Mycelium.

+ Daily Value (DV) not established.

Other ingredients: Hypromellose.

*Probiotic Fermented Nutrient

**Enzyme Activated Material

Produced on equipment that also processes peanuts, tree nuts, milk,

soybean, wheat, sesame, shellfish, fish, egg.

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.

† 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.

Manufactured for:



Ancient Nutrition, LLC
3480 Summertown Hwy
Summertown, TN 38483
www.AncientNutrition.com

CL-MFM5432-061522



8 1640102543 2