

Suggested Usage: Take 2 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

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Aquamin® is a registered trademark of Marigot Limited.

LYC-O-MATO® is a registered trademark of Lycopodium Natural Products Ltd.

FloraGLO® is a registered trademark of Kemin Industries, Inc.

Betatene® is a registered trademark of BASF SE.



ADAM™

Softgels

Superior Men's Multi

- With Saw Palmetto, Plant Sterols, Lycopene & CoQ10
- Gentler and Easier to Swallow & Absorb

180 Softgels

A Dietary Supplement



Contains Gelatin

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A (60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate)	3,000 mcg	333%
Vitamin C (from Calcium Ascorbate)	250 mg	278%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopherol)	100 mg	667%
Vitamin K-1 (as Phytonadione)	35 mcg	29%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	2083%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (as Niacinamide)	35 mg	219%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	120 mcg	5000%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Calcium (from Cal. Ascorbate, Aquamin® Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	4%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Selenium Glycinate) (Albion™)	200 mcg	364%
Copper (from Copper Bisglycinate)	0.5 mg	56%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	343%

Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	167%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto Extract (Berry) (<i>Serenoa repens</i>) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Tomato Extract)	3 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	500 mcg	†
Vitamin K-2 (as Menaquinone)	45 mcg	†

† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon Bark Powder.

Contains soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



SOFTGEL SIZE

CODE 3881D v8



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