

**Suggested Usage:** Take 1 tablet daily with food.

**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](http://nowfoods.com/biotinlab) for details.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



# ADAM™ Tablets

## Superior Men's Multi

- With Saw Palmetto, Lycopene, Alpha Lipoic Acid & CoQ10
- Plus Resveratrol & Grape Seed Extract

**60 Tablets**

A Dietary Supplement Vegetarian/Vegan



## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	125 mg	139%
Vitamin D (as Ergocalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha Tocopheryl Succinate)	50 mg	333%
Vitamin K-1 (as Phytanadione)	17.5 mcg	15%
Thiamin (Vitamin B-1) (from Thiamin HCl)	12.5 mg	1042%
Riboflavin (Vitamin B-2)	12.5 mg	962%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	17.5 mg	109%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	12.5 mg	735%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B-12 (as Methylcobalamin)	125 mcg	5208%
Biotin	150 mcg	500%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	12.5 mg	2%
Calcium (from Calcium Ascorbate and Calcium Citrate)	25 mg	2%
Iodine (from Potassium Iodide)	75 mcg	50%
Magnesium (from Magnesium Citrate)	12.5 mg	3%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	136%
Selenium (from L-Selenomethionine)	100 mcg	182%
Copper (from Copper Bisglycinate) (TRAACS™)	0.25 mg	28%

Manganese (from Manganese Bisglycinate) (TRAACS™)	1 mg	43%
Chromium (from Chromium Picolinate)	100 mcg	286%
Molybdenum (from Sodium Molybdate)	37.5 mcg	83%
Potassium (from Potassium Chloride)	12.5 mg	<1%
Saw Palmetto (Berry) ( <i>Serenoa repens</i> )	80 mg	†
Alpha Lipoic Acid	25 mg	†
Organic Aloe Vera (Leaf) (Concentrate)	25 mg	†
Grape Seed Extract ( <i>Vitis vinifera</i> ) (Standardized for Polyphenols)	12.5 mg	†
Inositol	12.5 mg	†
CoQ10 (Coenzyme Q10)	7.5 mg	†
trans-Resveratrol [from Japanese Knotweed Extract ( <i>Polygonum cuspidatum</i> ) (Root)]	5 mg	†
Lycopene (from Tomato Extract)	1.5 mg	†
Lutein (from Marigold Flowers Extract) ( <i>Tagetes erecta</i> ) (FloraGLO®)	250 mcg	†
Vitamin K-2 (as Menaquinone)	22.5 mcg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silicon Dioxide and Vegetarian Coating. Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowfoods.com](http://nowfoods.com)  
Made and quality tested in the USA with globally sourced ingredients.

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

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TABLET SIZE

CODE 3875C V19