

SUGGESTED USAGE: Take 3 softgels daily with food.

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

Albion™ and TRAACS™ are trademarks of Albion Laboratories, Inc.; Aquamin® is a registered trademark of Marigot Limited.; Betatene® is a registered trademark of BASF SE.; ZMA® is a registered trademark of SNAC System, Inc., San Carlos, CA 94070.; CardioAid® is a registered trademark of Archer-Daniels-Midland Company.

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.

Natural color variation may occur in this product.

Store in a cool, dry, dark place after opening.

Code 3890BN v7



MEN'S ACTIVE SPORTS MULTI

• MEN'S HEALTH •



90 SOFTGELS

A Dietary Supplement



Contains Gelatin

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2.5 g	3%*
Saturated Fat	1.5 g	8%*
Vitamin A (100% as Beta-Carotene) (Betatene®)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	120 mg	133%
Vitamin D-3 (as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha Tocopheryl Acetate)	67 mg	447%
Vitamin K-1 (as Phytonadione)	20 mcg	17%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (Vitamin B-3) (as Niacinamide)	40 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Methylcobalamin)	1,000 mcg	41,667%
Biotin	300 mcg	1000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]	50 mg	4%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Aspartate, Magnesium Oxide, Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%
Zinc [from Zinc Bisglycinate (TRAACS™), Zinc Mono-L-methionine, Zinc Aspartate and Zinc Oxide]	15 mg	136%
Selenium (from Selenium Glycinate) (Albion™)	200 mcg	364%

Copper (from Copper Bisglycinate)	2 mg	222%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Picolinate)	200 mcg	571%
Molybdenum (from Sodium Molybdate)	75 mcg	167%
MCT (Medium-Chain Triglycerides) Oil	1,500 mg	†
Amino Acids, proprietary blend of: L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Arginine, Taurine (all free-form)	175 mg	†
Tribulus terrestris Extract (Fruit)	100 mg	†
ZMA® (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate and Oxide, Pyridoxine HCl)	100 mg	†
CardioAid®-S Plant Sterol Esters (with Beta-Sitosterol, plus Campesterol and Stigmasterol)	100 mg	†
Panax ginseng Extract (Root)	100 mg	†
Maca (Lepidium meyenii) (Root)	50 mg	†
Green Tea Extract (Leaf)	50 mg	†
Saw Palmetto Extract (Fruit)	50 mg	†
Alpha Lipoic Acid	50 mg	†
Aloe Vera (Leaf) (Concentrate)	50 mg	†
Lutein (from Marigold Extract)	500 mcg	†
Lycopene (from Tomato Extract)	500 mcg	†
Vitamin K-2 (as Menaquinone)	25 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Beeswax and Soy Lecithin. Contains soy. MCT Oil from coconut/palm kernel oil.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowsportsproducts.com
Made and quality tested in the USA with globally sourced ingredients.