

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 for details.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



CODE 3876C V18



TABLET SIZE



ADAM™

Tablets

Superior Men's Multi

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

120 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 Phytonadione)	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.
Bloomington, IL 61018, USA 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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