

Heart Healthy Multivitamin™ Men is a daily essential formula. It provides daily nutrition with added support for heart and overall men's health.¹

UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store bottle in a cool, dry place.

Precautions: For adults over 18 years. Use only as directed. Consult your healthcare practitioner if you have or suspect a medical condition, are pregnant or nursing, or if you use any medications. Avoid taking any other multivitamin unless instructed by a doctor, especially if it contains Vitamin A. Side effects may include upset stomach or headache, particularly if taken without adequate food.

Keep out of reach of children.

Graminex G63® is a registered trademark of Graminex LLC.

Due to the nature of these ingredients, color variation may occur.

*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.



Dr. Sinatra 

**Heart Healthy
Multivitamin™**

Men

Dietary Supplement

90 Tablets

Doctor's Suggested Use: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (from beta-carotene, retinyl acetate)	1,500 mcg RAE 167%	Copper (as gluconate)	1 mg 111%
Vitamin C (as ascorbic acid, calcium ascorbate, magnesium ascorbate)	400 mg 444%	Manganese (as citrate)	14 mg 61%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU) 125%	Chromium (as polynicotinate)	200 mcg 571%
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol)	134 mg 893%	Molybdenum (as chelate)	80 mcg 178%
Thiamine (as mononitrate)	20 mg 1,667%	Men's Heart Healthy Blend	460 mg *
Riboflavin	20 mg 1,538%	Sour Orange Extract (fruit) (90% hesperidin), Grape Extract (seed), Olive Extract (leaf), Artichoke Extract (leaf), Pomegranate Extract (fruit), Turmeric Extract (rhizome), Black Cherry Extract (fruit), Cocoa Powder (bean), Tocotrienol and Tocopherol Complex (from African oil palm fruit)	
Niacin (as niacinamide, nicotinic acid)	40 mg 250%	Men's Health Blend	251 mg *
Vitamin B6 (as pyridoxine hydrochloride)	40 mg 2,353%	Stinging Nettle Extract (root), Pumpkin Extract (seed), Flower Pollen Extract (Graminex G63®), Lycopene (from tomato fruit extract)	
Folate (as L-5-methyltetrahydrofolate calcium) (100 mcg folic acid)	170 mcg DFE 43%	Silica (as dioxide)	17 mg *
Vitamin B12 (as methylcobalamin)	250 mcg 10,417%	Lutein (from marigold flower)	2 mg *
Biotin	200 mcg 667%	Vanadium (as sulfate)	200 mcg *
Pantothenic Acid (as calcium pantothenate)	40 mg 800%		
Calcium (as carbonate, ascorbate, dicalcium phosphate, calcium pantothenate)	150 mg 12%		
Iodine (from potassium iodide)	150 mcg 100%		
Magnesium (as oxide, ascorbate)	200 mg 48%		
Zinc (as oxide)	20 mg 182%		
Selenium (as L-selenomethionine)	100 mcg 182%		

* Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, hypromellose, glycerin, hydroxypropyl cellulose

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com



Please see bottom of bottle for Lot No. and Expiration Date

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