

DIRECTIONS: As a dietary supplement, take two (2) capsules in the morning with a meal.

Discontinue use if side effects appear.

WARNING: Consult with a physician prior to use if you have a medical condition or are taking any medication. Do not use if you are pregnant or lactating.

KEEP OUT OF THE REACH OF CHILDREN. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

SATISFACTION GUARANTEE

We offer a full refund on the purchase price of your order within 90 days of purchase. Restrictions apply. For details please visit: healthsharmony.com/refunds

†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.

WARNING: This product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to: www.P65Warnings.ca.gov

Why's this needed? See: hhfacts.com/mens-multi

★U.S.A. Made in the USA with domestic & international ingredients

Let us help! For any questions, concerns, refunds:
info@healthsharmony.com

HEALTHS
HARMONY

MEN'S MULTIVITAMIN+

ENERGY & IMMUNE COMPLEX†



- Vitamins
- Minerals
- Herbs

ONCE
DAILY

60 CAPSULES | DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size 2 Capsules

Servings per Container: 30

Amount Per Serving	%DV	
Vitamin A 600 mcg RAE	67%	
(as Beta-Carotene)		
Vitamin C 150 mg	167%	
(as Ascorbic Acid)		
Calcium 50 mg	4%	
(as Calcium Carbonate)		
Vitamin D 10 mcg	50%	
(as Cholecalciferol)		
Vitamin E 13.5 mg	90%	
(as DL-Alpha Tocopherol Acetate)		
Vitamin B1 7 mg	583%	
(as Thiamine Mononitrate)		
Vitamin B2 7.5 mg	577%	
(as Riboflavin)		
Vitamin B3 30 mg NE	188%	
(as Niacin)		
Vitamin B6 7.5 mg	167%	
(as Pyridoxine HCl)		
Folate 667 mcg DFE	167%	
(400 mcg Folic Acid)		
Vitamin B12 27 mcg	1125%	
(as Cyanocobalamin)		
Biotin 300 mcg	1000%	
Vitamin B5 10 mg	200%	
(as D-Calcium Pantothenate)		
Magnesium 50 mg	12%	
(as Magnesium Oxide)		
Zinc 15 mg	136%	
(as Zinc Oxide)		
Selenium 30 mcg	55%	
(as Selenium Amino Acid Chelate)		
Copper 2 mg	222%	
(as Copper Gluconate)		
Manganese 2 mg	87%	
(as Manganese Amino Acid Chelate)		
Chromium 120 mcg	343%	
(as Chromium Picolinate)		
Molybdenum 75 mcg	167%	
Male Support 170 mg		
Lutein, Lycopene (<i>Lycopersicon esculentum</i>) (fruit), Stinging Nettle Extract (<i>Urtica dioica</i>) (root), Saw Palmetto (<i>Serenoa repens</i>) (fruit)		
Immune Support 110 mg		
Echinacea Extract (<i>Echinacea purpurea</i>) (aerial), Beta Glucan (<i>Saccharomyces cerevisiae</i>), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Garlic (<i>Allium sativum</i>) (bulb)		
Herbal Energy Blend 190 mg		
Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Hawthorn Berries (<i>Crataegus pinnatifida</i>), Cinnamon Bark Extract (<i>Cinnamomum cassia</i>), Bilberry Fruit Extract (<i>Vaccinium myrtillus</i>), Grape Seed Extract (<i>Vitis vinifera</i> L.), Black Currant Fruit Extract (<i>Ribes nigrum</i>), Pomegranate Fruit Extract (<i>Punica granatum</i>)		

*Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

Manufactured For Healths Harmony, 239 2nd Ave. S. 2nd Floor St. Petersburg, FL 33701

Lot # and expiration date printed on bottom of bottle.

healthsharmony.com

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