



**Ritual**  
**Essential**  
*for Men*  
**Multivitamin 18+**  
**Dietary Supplement**  
**60 VEGAN CAPSULES**

## Supplement Facts

Serving Size: Two (2) Vegan Capsules

Servings Per Container: 30

|                                                                                                              | Amount Per Serving | %DV  |
|--------------------------------------------------------------------------------------------------------------|--------------------|------|
| <b>Vitamin A</b> (as retinyl palmitate)                                                                      | 180 mcg RAE        | 20%  |
| <b>Vitamin D</b><br>(as cholecalciferol)<br>[from Lichen (whole plant)]                                      | 50 mcg (2000 IU)   | 250% |
| <b>Vitamin E</b><br>(as alpha tocopherol from mixed tocopherols)<br>[from <i>Brossica napus</i> (seed)]      | 6.7 mg             | 45%  |
| <b>Folate</b><br>(as 6S-5-methyltetrahydrofolate<br>[glucosamine salt])                                      | 200 mcg DFE        | 50%  |
| <b>Vitamin B12</b><br>(as methylcobalamin)                                                                   | 8 mcg              | 333% |
| <b>Magnesium</b><br>(as dimagnesium malate)                                                                  | 30 mg              | 7%   |
| <b>Zinc</b><br>(as zinc bisglycinate)                                                                        | 2.4 mg             | 22%  |
| <b>Omega-3 Docosahexaenoic Acid (DHA) Fatty Acids</b><br>[from <i>Schizothyrium</i> spp. (whole microalgae)] | 330 mg             | **   |
| <b>Boron</b><br>(as calcium fructoborate)                                                                    | 0.7 mg             | **   |
| <b>Vitamin K2</b><br>(as Menaquinone-7)                                                                      | 90 mcg             | **   |
| ** Daily Value (DV) not established                                                                          |                    |      |

**Other ingredients:** Beadlets (cellulose, NON-GMO corn zein), stomach acid-resistant vegan capsule (hypromellose, gelatin gum), silica.

<sup>†</sup>Vitashine™ lichen