

swanson.com
or call 1-800-437-4148

- Combines over 30 vitamins, minerals and herbs in 1 convenient tablet
- Supports energy and vitality**
- Maintains prostate health**

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet two times per day with food and water. **Albion®** and **Ferrochel®** are registered trademarks of Balchem Corporation or its subsidiaries.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**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.

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SWANSON®

Men's Multi with Iron

Overall Health**

+PROSTATE SUPPORT ♂

DIETARY SUPPLEMENT | 90 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene).....	900 mcg RAE..... 100%
Vitamin C (as ascorbic acid).....	100 mg..... 111%
Vitamin D (as cholecalciferol).....	13 mcg..... 7%
Vitamin E (as d-alpha tocopheryl succinate).....	40 mg..... 267%
Thiamin (vitamin B1) (as thiamin HCl).....	5 mg..... 417%
Riboflavin (vitamin B2).....	5 mg..... 385%
Niacinamide.....	5 mg NE..... 31%
Vitamin B6 (from pyridoxine HCl).....	5 mg..... 294%
Folate.....	333 mcg DFE (200 mcg folic acid)..... 83%
Vitamin B12 (as cyanocobalamin).....	50 mcg..... 2,083%
Biotin.....	5 mcg..... 17%
Pantothenic Acid (from d-calcium pantothenate).....	5 mg..... 100%
Choline (from choline bitartrate).....	5 mg..... <1%
Iron (from Ferrochel® ferrous bisglycinate chelate).....	5 mg..... 28%
Iodine (from kelp).....	50 mcg..... 33%
Magnesium (from magnesium oxide).....	50 mg..... 12%
Zinc (from Albion® zinc bisglycinate chelate).....	15 mg..... 136%
Selenium (from Albion® selenium glycinate).....	100 mcg..... 182%
Copper (from copper gluconate).....	2 mg..... 222%
Chromium (from Albion® chromium nicotinate glycinate chelate).....	25 mcg..... 71%

Green Tea (leaves), 50 mg*; Pygeum (bark), 50 mg*; Saw Palmetto Extract (5% fatty acids), 50 mg*; Rutin, 25 mg*; Mulra Puama Extract 10:1 (root) (equivalent to 20 mg), 2 mg*; Tribulus terrestris Extract (40% saponins), 10 mg*; Korean Ginseng (5% ginsenosides) (root), 15 mg*; Nettles Extract (4:1), 15 mg*; Pumpkin Seed, 15 mg*; Inositol FCC, 10 mg*; Bilberry Extract (Vaccinium myrtillus) (fruit) (standardized to 25% anthocyanins), 5 mg*; Ginkgo biloba Leaf Extract (standardized to 24% flavone glycosides, 6% terpene lactones), 5 mg*; PABA USP (para-aminobenzoic acid), 5 mg*; Coenzyme Q10, 2 mg*; Lycopene Complex, 100 mcg*

*Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, pharmaceutical glaze, calcium palmitate, silica, croscarmellose sodium, acacia, maltodextrin, hydroxypropyl cellulose, sucrose, cornstarch, hydroxypropyl methylcellulose, sodium ascorbate, dl-alpha tocopherol, ascorbyl palmitate, gum arabic. Contains crustacean (lobster, shrimp and crab) and sulfites.

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