



Whole Food Men's One Daily

multivitamin • multimineral

**cultivated from natural
and organic whole foods[†]**

60 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene) [†]	5000 IU	100%
Vitamin C [†]	70 mg	117%
Vitamin D [†]	400 IU	100%
Vitamin E [†]	35 IU	117%
Vitamin K [†]	80 mcg	100%
Thiamin (Vitamin B1) [†]	1.5 mg	100%
Riboflavin (Vitamin B2) [†]	1.7 mg	100%
Niacin [†]	20 mg	100%
Vitamin B6 [†]	2 mg	100%
Folic Acid [†]	800 mcg	200%
Vitamin B12 [†]	12 mcg	200%
Biotin [†]	300 mcg	100%
Pantothenic Acid [†]	10 mg	100%
Calcium	10 mg	1%
Iron [†]	3 mg	17%
Iodine [†]	150 mcg	100%
Magnesium [†]	10 mg	3%
Zinc [†]	15 mg	100%
Selenium [†]	70 mcg	100%
Copper [†]	2 mg	100%
Manganese [†]	1 mg	50%

	Amount Per Serving	% Daily Value
Chromium [†]	120 mcg	100%
Molybdenum [†]	75 mcg	100%
Potassium [†]	3 mg	0%

Organic Cultured Herbal Blend 32.5 mg *
(Proprietary Blend of Reishi, Shiitake,
Maitake, Lycopene and Ginseng)

Organic Cultured Vegetable Blend 90 mg *
(Proprietary Blend of Tomato,
Pea, Carrot, Spinach and Pepper)

Organic Cultured Fruit Blend 70 mg *
(Proprietary Blend of Cherry, Banana,
Apple, Strawberry and Blueberry)

Organic Cultured Sprout Blend 15 mg *
(Proprietary Blend of Amaranth, Quinoa and Millet)

Organic Cultured Spice Blend 6 mg *
(Proprietary Blend of Cinnamon, Allspice and Clove)

Essential Glyconutrient Blend 5 mg *
(Mannose, galactose and xylose from
Coffea arabica and *Aloe barbadensis*)

Men's Herbal Blend 25 mg *
(Proprietary Blend of Saw Palmetto berry powder,
Bee Pollen powder, Fenugreek Seed powder
and Pumpkin Seed oil)

* Daily Value not established.

Other ingredients: Organic maltodextrin, organic maize flour, organic gum acacia, cellulose gum, microcrystalline cellulose, hypromellose, vegetable stearin, magnesium stearate, croscarmellose sodium, triacetin, silica.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors

[†] A whole food nutrient in a base of cultured fruits, vegetables, herbs and spices with *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Saccharomyces cerevisiae* (yeast). Contains all naturally occurring enzymes, phytonutrients and metabolites.

Distributed by:
Vitamin Shoppe, Inc.,
Secaucus, NJ 07094
Visit
www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

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.

† 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT. Do not use if
inner seal is broken or missing.

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