

WHOLE FOOD MEN'S EVERYDAY

NATURAL
MULTI



L I F E

90 VEGETARIAN
CAPSULES
DIETARY SUPPLEMENT

Directions: Take 3 vegetarian capsules daily with a meal.
Protect from heat, light and moisture. Store at 15-25°C (59-77°F).

Supplement Facts

Serving size: 3 vegetarian capsules (1785mg) **Servings per container:** 30

Amount per serving			Amount per serving		
%DV*			%DV*		
Vitamin A (Beta Carotene, from <i>S. cerevisiae</i>)	3500 iu	70%	Phosphorus (from <i>S. cerevisiae</i>)	18 mg	2%
Vitamin C (from Acerola Berry)	60 mg	100%	Iodine (from <i>S. cerevisiae</i>)	75 mcg	50%
Vitamin D (from <i>S. cerevisiae</i>)	1000 iu	250%	Magnesium (from Milk Mineral Complex, TruCal®)	2 mg	1%
Vitamin E (from <i>S. cerevisiae</i>)	30 iu	100%	Zinc (from <i>S. cerevisiae</i>)	13 mg	87%
Vitamin K (from <i>S. cerevisiae</i>)	80 mcg	100%	Selenium (from <i>S. cerevisiae</i>)	50 mcg	71%
Vitamin B1 (Thiamine, from <i>S. cerevisiae</i>)	3 mg	200%	Copper (from <i>S. cerevisiae</i>)	1 mg	50%
Vitamin B2 (Riboflavin, from <i>S. cerevisiae</i>)	4 mg	235%	Manganese (from <i>S. cerevisiae</i>)	2 mg	100%
Vitamin B3 (Niacin, from <i>S. cerevisiae</i>)	20 mg	100%	Chromium (from <i>S. cerevisiae</i>)	50 mcg	42%
Vitamin B6 (from <i>S. cerevisiae</i>)	5 mg	250%	Molybdenum (from <i>S. cerevisiae</i>)	20 mcg	27%
Vitamin B9 (Folic Acid, from <i>S. cerevisiae</i>)	400 mcg	100%			
Vitamin B12 (from <i>S. cerevisiae</i>)	15 mcg	250%	Spirulina	50 mg	†
Vitamin B7 (Biotin, from <i>S. cerevisiae</i>)	300 mcg	100%	Lycopene (from 5% std. Tomato)	900 mcg	†
Vitamin B5 (Pantothenic Acid, from <i>S. cerevisiae</i>)	25 mg	250%			
Calcium (from Milk Mineral Complex, TruCal®)	35 mg	4%			

*Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established

Other ingredients: Vegetable cellulose, silica **Contains:** Milk

TruCal® is a registered trademark of Glanbia Nutritionals. This product is not intended to diagnose, treat, cure, or prevent any disease. Contains natural ingredients that may result in color variation. Vegetarian, naturally gluten free, no artificial colors or flavors.

LifeNutrition.com Made in USA



Net Weight: 53.6g (1.89oz)

Distributed by:

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