

CAPSULE SIZE



CODE 3878B
V11

Do Not Eat Freshness Packets. Keep in Bottle.
Store in a cool, dry place after opening. Please Recycle.

SUGGESTED USAGE: As a dietary supplement, take 3 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



ADAMTM

SUPERIOR MEN'S MULTI

Capsules

- With Saw Palmetto, Lycopene, Alpha Lipoic Acid and CoQ10
- Plus Natural Trans-Resveratrol and Grape Seed Extract

90 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan

**IMPROVED
FORMULA!!**



Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 30

	Amount Per Serving	%Daily Value
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicolinate)	35 mg	175%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg	5%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate)	25 mg	6%
Zinc (from Zinc Bisglycinate) (TRAACS®)	30 mg	200%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	0.5 mg	25%

Manganese (from Manganese Bisglycinate) 2 mg 100% (TRAACS®)

Chromium (from Chromium Picolinate) 200 mcg 167%

Molybdenum (from Sodium Molybdate) 75 mcg 100%

Potassium (from Potassium Chloride) 25 mg <1%

Saw Palmetto (Berry) (Serenoa repens) 160 mg †

Alpha Lipoic Acid 50 mg †

Aloe Vera (Leaf) (200:1 Concentrate) 50 mg †

Grape Seed Extract (Vitis vinifera) (Standardized for Polyphenols) 25 mg †

Choline (from Choline Bitartrate) 25 mg †

Inositol 25 mg †

CoQ10 (Coenzyme Q10) 15 mg †

Natural Trans-Resveratrol (from Japanese Knotweed Extract (Polygonum cuspidatum) (Root)) 10 mg †

Lycopene (from Natural Tomato Extract) 3 mg †

Lutein (from Marigold Flowers) 500 mcg †

† Daily Value not established.

Other ingredients: Cellulose Powder, Cellulose (capsule), Stearic Acid (vegetable source) and Silica.

Vitamin E from soy.

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

www.nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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