FORMULATED FOR MEN

SOLGAR® Since 1947

MALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR MEN

DIETARY SUPPLEMENT

120 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 40

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	2 g <1%*
Protein	1 g 2%*
Vitamin A	15,000 IU 300%
(as natural beta-carotene)	
Vitamin C	400 mg 667%
(as L-ascorbic acid, niacinamide ascorbate)	
Vitamin D (as ergocalciferol)	400 IU 100%
Vitamin E	400 IU 1333%
(as D-alpha-tocopheryl succinate)	
Thiamin	50 mg 3333%
(as thiamin mononitrate)	
Riboflavin	50 mg 2941%
Niacin	50 mg 300%
(as niacinamide ascorbate, niacin)	
Vitamin B6	75 mg 3750%
(as pyridoxine HCl)	
Folic Acid	800 mcg 200%
Vitamin B12	500 mcg 8333%
Biotin (as D-biotin)	300 mcg 100%
Pantothenic Acid	80 mg 800%
(as D-Ca pantothenate)	
Calcium	400 mg 40%
(as calcium carbonate, glycinate chelate†, citrate)	
Iodine	150 mcg 100%
(as potassium iodide)	
Magnesium	400 mg 100%
(as magnesium oxide, glycinate chelate†, citrate)	
Zinc	50 mg 333%
(as zinc glycinate chelate†, fisilicandia chelate†)	
Selenium	200 mcg 286%
(as L-selenomethionine)	
Copper	1.5 mg 75%
(as copper glycinate chelate†)	
Manganese	2 mg 100%
(as manganese glycinate chelate†)	
Chromium	200 mcg 167%
(as chromium nicotinate glycinate chelate†)	

Amount Per Serving	%DV
Molybdenum	50 mcg 67%
(as molybdenum glycinate chelate†)	
Sodium††	5 mg <1%
Potassium	99 mg 3%
(as potassium amino acid complex†)	
Citrus Bioflavonoid Complex	100 mg **
Choline	100 mg **
(as choline bitartrate)	
Inositol	100 mg **
Panthenine	7 mg **
Cocarboxylase	6 mg **
Pyridoxal-5'-Phosphate	6 mg **
Riboflavin-5'-Phosphate	6 mg **
Boron	250 mcg **
(as boron amino acid complex†)	
Eleuthero Extract (4:1)	25 mg **
(root) (*Eleutherococcus senticosus*)	
Ginseng Extract (root)	**
Standardized American	25 mg **
(root) (*Panax quinquefolius*)	
Ginseng Extract (root)	**
Standardized Korean	25 mg **
(ginsenosides 5 mg [10%])	
Ginseng Extract (root)	
(*Panax ginseng*)	
(ginsenosides 2 mg [8%])	
Saw Palmetto Extract (4:1)	25 mg **
(berry) (*Serenoa repens*)	
Stinging Nettle Extract (4:1)	25 mg **
(leaf) (*Urtica dioica*)	
Pygeum Extract (bark)	25 mg **
(*Pygeum africanum*)	
Soy Germ Extract††	25 mg **
Lycopene (from tomato)	1 mg **
Carotenoid Mix	172 mcg **
(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	

*Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Chlorophyll (color), Titanium Dioxide (color), Mannitol, Maltodextrin.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if inner seal is missing or damaged.

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.
†† Naturally occurring; therefore amount may vary.
††† Not Genetically Modified, Soy From Nature™

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