

VALUE
SIZE!

MEN'S

Living Green Liquid-Gel Multi™



Specialized for Men with:

- ✓ 12 Key Nutrient Groups
- ✓ Saw Palmetto & Pumpkin Seed
- ✓ Whole Food Concentrates

120 LIQUID SOFT-GELS
DIETARY SUPPLEMENT



Directions (Adult): Take three (3) Liquid Soft-Gels per day in divided doses with food and a glass of water.

Serving Size: 3 Liquid Soft-Gels Servings per Container: 40

Supplement Facts

	Amount per Serving	% Daily Value	Amount per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	5000 IU	100%	Biotin	15 mcg 5%	
Vitamin C (as Ascorbic Acid)	250 mg	417%	Pantothenic Acid (as Calcium Pantothenate)	20 mg 200%	
Vitamin D (as Vitamin D3)	400 IU	100%	Calcium (as Calcium Citrate)	50 mg 5%	
Vitamin E (as d-Alpha Tocopherol)	200 IU	667%	Magnesium (as Magnesium Amino Acid Chelate)	25 mg 6%	
Thiamin (as Thiamine Mononitrate)	20 mg	1333%	Zinc (as Zinc Oxide)	15 mg 100%	
Riboflavin	20 mg	1176%	Selenium (as L-Selenomethionine)	75 mcg 107%	
Niacin (as Nicotinamide)	20 mg	100%	Copper (as Copper Amino Acid Chelate)	2 mg 100%	
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%	Manganese (as Manganese Ascorbate)	2 mg 100%	
Folic Acid	600 mcg	150%	Chromium (as Chromium Polynicotinate)	120 mcg 100%	
Vitamin B12 (as Cyanocobalamin)	60 mcg	1000%	Molybdenum (as Molybdenum Amino Acid Chelate)	225 mcg 300%	
Crucial Oil Complex	2000 mg	†	Traditional Botanical Blend	21 mg	†
Fish Oil (30% Omega-3 fatty acids (EPA/DHA), Pumpkin Seed oil, Flax Seed oil (50% ALA)			Astragalus powder (root), Astragalus (Astragalus membranaceus) powder (root), Bugleweed (Lycium chinense powder (root)		
Antioxidant Blend	60 mg	†	Green Super Food Blend	18 mg	†
Acai (Elderberry extract (4:1), Grape Seed extract (95% polyphenols), Green Tea extract (50% polyphenols), Resveratrol (20%), White Tea extract (90% polyphenols)			Barley Grass powder, Chlorella powder, Spirulina (Arthrospira platensis) powder		
Fruit and Vegetable Blend	57 mg	†	Adrenal Blend	24 mg	†
Achillea leaf, Asparagus (aerial), Beet (root), Blueberry (Vaccinium angustifolium) fruit, Broccoli (aerial), Brussels Sprouts (Brassica oleracea var. pennsylvanica (aerial), Cabbage (Brassica oleracea var. capitata) (aerial), Carrot (Daucus carota ssp. sativus) (root), Collards (aerial), Garlic (bulb), Ginger (root), Grape fruit, Grapefruit fruit, Lemon fruit, Onion (bulb), Papaya fruit, Pineapple fruit, Spinach leaf, Tomato fruit)			American Ginseng powder (root), Asian Ginseng powder (root), Moringa		
Immuno Blend	54 mg	†	Brain Blend	18 mg	†
Ginseng root powder (aerial), European Elder Berry powder, Garlic powder (bulb)			Ginkgo powder (leaf), Phosphatidylserine		
Amino Acid Blend	54 mg	†	Targeted Blend	125 mg	†
L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-5-Hydroxytryptophan, L-Valine			Milk Thistle powder (seed), Saw Palmetto oil (fruit), Stinging Nettle powder (aerial)		
			BioPerine Complex	6 mg	†
			BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		
			†Daily Value not established		

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, lecithin, titanium dioxide and sodium copper chlorophyllin.

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Men's Living Green Liquid-Gel Multi™ sets a new standard in today's world of low nutrition and high stress. Using powerful botanicals from whole living plants, this is not a one-size-fits-all formula... it's targeted to benefit the unique nutrition profile that men need. For example, it delivers Pumpkin Seed Oil and Saw Palmetto.

But most importantly, it's one of the world's only plant-based multi-nutrient formulas that is delivered in a Liquid Soft-Gel. So what does that mean to you? Liquid Soft-Gels release nutrients quickly, they're easier to swallow and they contain no binders and fillers that are found in tablets, so there's more room for life-giving nutrients. But the greatest benefit of Liquid Soft-Gels is that they can hold important oils, such as Omega-3 Essential Fatty Acids (EFAs). This breakthrough formula combines over 70 nutrients, vitamins and minerals that cover the following 12 categories:

ONE: Full-Spectrum Vitamins	SEVEN: Amino Acid Blend
TWO: Minerals	EIGHT: Traditional Botanical Blend
THREE: Crucial Oil Complex	NINE: Green Super Food Blend
FOUR: Antioxidant Blend	TEN: Adrenal Blend
FIVE: Fruit and Vegetable Blend	ELEVEN: Brain Blend
SIX: Immuno Blend	TWELVE: Targeted Blend

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Weekdays 8:00 AM to 5:00 PM (PST) • Questions@IrwinNaturals.com

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

