

**Suggested Usage:** Take 1 tablet 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.

Natural color variation may occur in this product.

**Do Not Eat Freshness Packet.** Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.



# ADAM<sup>TM</sup>

## Tablets

### Superior Men's Multi

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

## 120 Tablets

A Dietary Supplement    Vegetarian/Vegan

## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 1 Tablet

|                                                                        | Amount Per Serving | %Daily Value |
|------------------------------------------------------------------------|--------------------|--------------|
| Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)          | 5,000 IU           | 100%         |
| Vitamin C (from Calcium Ascorbate)                                     | 125 mg             | 208%         |
| Vitamin D (as Ergocaliferol)                                           | 500 IU             | 125%         |
| Vitamin E (as d-alpha Tocopheryl Succinate)                            | 75 IU              | 250%         |
| Vitamin K (as Menaquinone K2 and Phytanadione K1)                      | 40 mcg             | 50%          |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                               | 12.5 mg            | 833%         |
| Riboflavin (Vitamin B-2)                                               | 12.5 mg            | 735%         |
| Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate) | 17.5 mg            | 88%          |
| Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))    | 12.5 mg            | 625%         |
| Folate (as Folic Acid)                                                 | 200 mcg            | 50%          |
| Vitamin B-12 (as Methylcobalamin)                                      | 125 mcg            | 2083%        |
| Biotin                                                                 | 150 mcg            | 50%          |
| Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)           | 25 mg              | 250%         |
| Calcium (from Calcium Ascorbate and Calcium Citrate)                   | 25 mg              | 3%           |
| Iodine (from Potassium Iodide)                                         | 75 mcg             | 50%          |
| Magnesium (from Magnesium Citrate)                                     | 12.5 mg            | 3%           |
| Zinc (from Zinc Bisglycinate) (TRAACS®)                                | 15 mg              | 100%         |
| Selenium (from L-Selenomethionine)                                     | 100 mcg            | 143%         |
| Copper (from Copper Bisglycinate) (TRAACS®)                            | 0.25 mg            | 13%          |

|                                                                                                   |          |      |
|---------------------------------------------------------------------------------------------------|----------|------|
| Manganese (from Manganese Bisglycinate) (TRAACS®)                                                 | 1 mg     | 50%  |
| Chromium (from Chromium Picolinate)                                                               | 100 mcg  | 83%  |
| Molybdenum (from Sodium Molybdate)                                                                | 37.5 mcg | 50%  |
| Potassium (from Potassium Chloride)                                                               | 12.5 mg  | < 1% |
| Saw Palmetto (Berry) ( <i>Serenoa repens</i> )                                                    | 80 mg    | †    |
| Alpha Lipoic Acid                                                                                 | 25 mg    | †    |
| Aloe Vera (Leaf) (200:1 Concentrate)                                                              | 25 mg    | †    |
| Grape Seed Extract ( <i>Vitis vinifera</i> ) (Standardized for Polyphenols)                       | 12.5 mg  | †    |
| Choline (from Choline Bitartrate)                                                                 | 12.5 mg  | †    |
| Inositol                                                                                          | 12.5 mg  | †    |
| CoQ10 (Coenzyme Q10)                                                                              | 7.5 mg   | †    |
| Natural Trans-Resveratrol [from Japanese Knotweed Extract ( <i>Polygonum cuspidatum</i> ) (Root)] | 5 mg     | †    |
| Lycopene (from Natural Tomato Extract)                                                            | 1.5 mg   | †    |
| Lutein (from Marigold Flowers)                                                                    | 250 mcg  | †    |

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Vegetarian Coating.

Vitamin E from non-GMO soy.

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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.



U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Alcon Laboratories, Inc.



TABLET SIZE

CODE 3876B V12