

Suggested Usage: Take 2 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

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

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Chromium Chelavite® is a registered trademark of Albion Laboratories, Inc.

Aquamin® is a registered trademark of Marigot Limited.

LYC-O-MATO® is a registered trademark of LycoRed Natural Products Ltd.

FloraGLO® is a registered trademark of Kemin Industries, Inc.

Betatene® is a registered trademark of the Cognis Group.



ADAM™

Softgels

Superior Men's Multi

- With Saw Palmetto, Plant Sterols, Lycopene, Nettle Root & CoQ10
- Gentler and Easier to Swallow & Absorb

180 Softgels

A Dietary Supplement

SOFTGEL SIZE

CODE 3881 V4



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

	Amount Per Serving	% Daily Value
Vitamin A [60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate]	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menquinone and Phytionedione)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	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 Cyanocobalamin and Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Cal. Ascorbate, Aquamin® F Red Algae Sea Minerals and Calcium Pantothenate)	55 mg	6%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® F Red Algae Sea Minerals) (TRAACS®)	25 mg	6%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from Selenium Amino Acid Complex) (TRAACS®)	200 mcg	266%
Copper (from Copper Bisglycinate) (TRAACS®)	500 mcg	25%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%

Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Nettle Root Extract (Urtica dioica)	50 mg	†
Alpha Lipic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	3 mg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Pumpkin Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) (Bark) Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.

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

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

