

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
|--------------------|---------------|

| | |
|---------------------------------------|---------|
| Choline (as choline bitartrate) | 20 mg * |
| Inositol | 20 mg * |
| Citrus Bioflavonoid Complex | 25 mg * |

| Men's Health Blend | |
|--|------------|
| Saw Palmetto (berry) 2:1 Extract | 50 mg * |
| Spirulina platensis | 50 mg * |
| Lycopene (from Tomato, natural) | 1000 mcg * |

| Vegetable Juice Blend | |
|--|---------|
| (Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet [Beta vulgaris] [root]) | 10 mg * |

| Digestive Support Blend | |
|---|---------|
| Protease, Amylase, Lipase, Cellulase | 36 mg * |
| Lactobacillus sporogenes (Probiotic strain) | 25 mg * |
| Betaine HCl | 10 mg * |

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, stearic acid (vegetable source), silicon dioxide and modified cellulose.

SUGGESTED USE: Take one tablet per day with or between meals, or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
To report a serious adverse event, call 1-888-710-0006

Iron-Free MEN'S ONCE DAILY

Multivitamin/Mineral with
Green Foods, Herbs, Enzymes & Probiotics
Dietary Supplement
30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
|--------------------|---------------|

| | | |
|---|----------|-------|
| Vitamin A (50% beta-carotene, 50% palmitate) | 5,000 IU | 100% |
| Vitamin C (as ascorbic acid) | 120 mg | 200% |
| Vitamin D3 (as cholecalciferol) | 800 IU | 200% |
| Vitamin E (d-alpha-tocopheryl succinate) | 100 IU | 333% |
| Vitamin K1 (as phytonadione) | 100 mcg | 125% |
| Thiamin (as thiamin hydrochloride) | 25 mg | 1667% |
| Riboflavin | 25 mg | 1471% |
| Niacin (as niacinamide) | 25 mg | 125% |
| Vitamin B6 (as pyridoxine hydrochloride) | 25 mg | 1250% |
| Folic Acid | 800 mcg | 200% |
| Vitamin B12 (as cyanocobalamin) | 25 mcg | 417% |
| Biotin | 150 mcg | 50% |
| Pantothenic Acid (as d-calcium pantothenate) | 25 mg | 250% |
| Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate) | 50 mg | 5% |
| Magnesium (from magnesium oxide) | 25 mg | 6% |
| Zinc (OptiZinc®) | 20 mg | 133% |
| Selenium (from selenomethionine, amino acid complex) | 200 mcg | 286% |
| Copper (amino acid chelate) | 2 mg | 100% |
| Manganese (from manganese gluconate) | 2 mg | 100% |
| Chromium (from chromium nicotinate) | 200 mcg | 167% |
| Molybdenum (from sodium molybdate) | 75 mcg | 100% |

KEEP OUT OF REACH OF CHILDREN. VL 572-30A

