

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Inositol 30 mg *		Cinnamon powder 100 mg *	
Choline (bitartrate) 180 mg *		Tomato powder 10 mg *	
Lutein/Zeaxanthin (from Lutemax™ 2020) 3.75 mg *		Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase) 20 mg *	
Lycopene (Lyc-O-Mator®) 2 mg *		Betaine HCl 25 mg *	
Bilberry 50 mg *		Ginger 40 mg *	
Grapeseed extract 20 mg *		Boron 200 mcg *	
Saw palmetto (Serenoa repens) (berry) 100 mg *		Vanadium 2 mcg *	
Lemon bioflavonoid complex 10 mg *			
		* Daily Value not established	

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), glycerin, natural cinnamon oil.

SUGGESTED USE: Take three tablets daily preferably with food.

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



Lutemax™ 2020 trademark belongs to
OmniActive Health Technologies Ltd.

Lyc-O-Mator® is a registered trademark of Lycored, Natural Product Industries, Ltd.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

FOOD RICH MEN'S 45+ MULTI

Nutritional Support for the Mature Man

Dietary Supplement
90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	2500 IU 50%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU 250%
Thiamin (as thiamin mononitrate)	60 mg 4000%
Riboflavin	60 mg 3529%
Niacin (as nicotinic acid)	30 mg 150%
Vitamin B6 (as pyridoxine HCl)	60 mg 3000%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	400 mcg 6667%
Biotin	300 mcg 100%
Pantothenic acid (as d-calcium pantothenate) ...	100 mg 1000%
Calcium (from calcium citrate)	240 mg 24%
Iron (from ferrous fumarate)	4 mg 22%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium oxide)	200 mg 50%
Zinc (from zinc oxide)	30 mg 300%
Selenium (from L-selenomethionine)	200 mcg 266%
Copper (from cupric oxide)	2 mg 100%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium chloride)	200 mcg 167%
Molybdenum (from sodium molybdate)	45 mcg 60%

KEEP OUT OF REACH OF CHILDREN.

VL 538-90H

