

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)		Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase).....	20 mg *
(from Tagetes erecta) 3.75 mg *		Betaine HCl	25 mg *
Lycopene (Lyc-O-Mato®).....	2 mg *	Ginger	40 mg *
Bilberry	50 mg *	Boron	200 mcg *
Grapeseed extract	20 mg *	Vanadium	2 mcg *
Saw palmetto (Serenoa repens) (berry)	100 mg *		
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-Mato® 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 200%
Selenium (from L-selenomethionine)	200 mcg 286%
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.

538-90H



6

7