

MEN'S Living Green Liquid-Gel Multi



Specialized for Men with:

- ✓ 12 Key Nutrient Groups
- ✓ Whole Food Concentrates
- ✓ Pumpkin Seed & Saw Palmetto

90 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Directions: (Adult) Take three (3) Liquid Soft-Gels per day in divided doses with food and a full glass of water.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Vitamin D3)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	200 IU	667%
Thiamin (as Thiamine Mononitrate)	20 mg	1333%
Riboflavin	20 mg	1176%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%
Folic Acid	600 mcg	150%
Vitamin B12 (as Methylcobalamin)	60 mcg	1000%
Crucial Oil Complex	2050 mg	†
Pumpkin Seed Oil, Fish Oil (30% Omega-3 fatty acids (EPA/DHA)), Flax Seed Oil (50% ALA)		
Antioxidant Blend	60 mg	†
Acai (Euterpe oleracea) Berry extract (4:1), Grape Seed extract (95% polyphenols), Green Tea extract (50% polyphenols), Resveratrol (20%), White Tea extract (90% polyphenols)		
Fruit and Vegetable Blend	57 mg	†
Alfalfa (leaf), Asparagus (pearl), Beet (root), Blueberry (Vaccinium angustifolium) (fruit), Broccoli (pearl), Brussels Sprouts (Brassica oleracea var. gemmifera) (pearl), Cabbage (Brassica oleracea) (pearl), Carrot (Daucus carota ssp. sativus) (root), Celery (Apium graveolens) (root), Garlic (Allium sativum) (bulb), Ginger (Zingiber officinale) (rhizome), Lemon (fruit), Onion (Allium cepa) (bulb), Parsley (Petroselinum hortense) (leaf), Spinach (leaf), Tomato (fruit)		
Immuno Blend	54 mg	†
Carl's Claw powder (pearl), European Elder Berry powder, Garlic powder (bulb)		
Amino Acid Blend	54 mg	†
L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-Valine		

	Amount per Serving	% Daily Value
Biotin	15 mcg	5%
Pantothenic Acid (as D-Calcium Pantothenate)	20 mg	200%
Calcium (as Calcium Citrate)	50 mg	5%
Magnesium (as Magnesium Amino Acid Chelate)	25 mg	6%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	75 mcg	107%
Copper (as Copper Amino Acid Chelate)	2 mg	100%
Manganese (as Manganese Ascorbate)	2 mg	100%
Chromium (as Chromium Polynicotinate)	120 mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate)	225 mcg	300%
Traditional Botanical Blend	21 mg	†
Ashwagandha powder (root), Astragalus (Astragalus membranaceus) powder (root), Bugleweed (Lycium chinense) powder (root)		
Green Super Food Blend	18 mg	†
Barley Grass powder, Chlorella powder, Spirulina (Arthrospira platensis) powder (aerial)		
Adrenal Blend	24 mg	†
American Ginseng powder (root), Asian Ginseng powder (root), Moringa		
Brain Blend	18 mg	†
Ginkgo powder (leaf), Phosphatidylserine		
Targeted Blend	135 mg	†
Milk Thistle powder (seed), Saw Palmetto (fruit), Stinging Nettle powder (aerial)		
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		
†Daily Value not established		

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, titanium dioxide and sodium copper chlorophyllin.

Contains: Fish (anchovy, sardine), Soy

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Men's Living Green Liquid-Gel Multi sets a new standard in today's world of low nutrition and high stress. Combining powerful botanicals and essential nutrients, this is not a one-size-fits-all formula... it's targeted to benefit the unique nutrition profile of men. For example, it delivers Pumpkin Seed and Saw Palmetto.

Most importantly, it's one of the world's only multivitamin formulas delivered in a Liquid Soft-Gel. So what does that mean to you? Liquid Soft-Gels are easier to swallow, they release their nutrients quickly, and they are free of binders/fillers that are typically found in tablets – leaving more room for life-giving nutrients. But the greatest benefit of Liquid Soft-Gels is that they can hold important oils, such as Omega-3 Essential Fatty Acids (EFAs). This breakthrough formula combines over 70 nutrients, vitamins and minerals that cover the following 12 categories:

ONE: Full-Spectrum Vitamins	SEVEN: Amino Acid Blend
TWO: Minerals	EIGHT: Traditional Botanical Blend
THREE: Crucial Oil Complex	NINE: Green Super Food Blend
FOUR: Antioxidant Blend	TEN: Adrenal Blend
FIVE: Fruit and Vegetable Blend	ELEVEN: Brain Blend
SIX: Immuno Blend	TWELVE: Targeted Blend

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Irwin Naturals • 5310 Beethoven Street • Los Angeles, CA 90066
www.IrwinNaturals.com

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Weekdays 8:00 AM to 5:00 PM (PST) • Questions@IrwinNaturals.com

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions, including heart disease, high blood pressure and hormone-sensitive conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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