

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

Amount Per Serving	% Daily Value
Inositol	25 mg *
Choline (as choline bitartrate)	50 mg *
PABA (as para-aminobenzoic acid)	10 mg *
Enzymes (plant based)	25 mg *
Siberian Eleuthero Extract (<i>Eleutherococcus senticosus</i>)	100 mg *
Lutein/Zeaxanthin (Lutemax™ 2020)	3 mg *
Saw Palmetto Extract (<i>Serenoa repens</i>)	100 mg *
Tomato Powder	10 mg *
Orange Powder	50 mg *
Cinnamon Powder (<i>Cinnamomum cassia</i>)	100 mg *
Vanadium (from vanadium sulfate)	10 mcg *
Citrus Bioflavonoid Complex	100 mg *

* Daily Value not established.

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

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



ENERGYFIRST®

MEN'S
MEGA MULTI

**Food Rich, Iron Free
with Herbal Extracts
& Lutein**

DIETARY SUPPLEMENT 90 TABLETS

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	225 mg 375%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU 250%
Vitamin K (phytonadione)	50 mcg 63%
Thiamin (as thiamin HCl)	25 mg 1667%
Riboflavin	25 mg 1471%
Niacin (as niacinamide)	75 mg 360%
Vitamin B6 (as pyridoxine HCl)	75 mg 3750%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	100 mcg 1668%
Biotin	600 mcg 200%
Pantothenic acid (as d-calcium pantothenate)	200 mg 2000%
Calcium (from calcium citrate, di-calcium phosphate)	270 mg 27%
Iodine (from potassium iodide and kelp)	225 mcg 150%
Magnesium (from magnesium oxide, amino acid chelate, glycinate)	200 mg 50%
Zinc (from zinc oxide)	30 mg 200%
Selenium (from selenomethionine)	100 mcg 143%
Copper (from copper gluconate)	0.5 mg 25%
Manganese (from manganous gluconate)	2 mg 100%
Chromium (from chromium nicotinate)	150 mcg 125%
Molybdenum (from sodium molybdate)	75 mcg 100%

SUGGESTED USE: Take three (3) tablets daily with food.

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

Keep out of reach of children.
Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.



Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.

†† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made in the USA

VL 518-90H