

Solgar's Male Multiple Tablets are free of yeast, wheat, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

† Fully reacted chelates. Alcon process patent No. 3,551,625 and 6,716,814 Chelazomes.

†† Not Genetically Modified. Soy From Nature.™

*** Naturally occurring, therefore amount may vary.

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free 1-877-SOLGAR 4

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FORMULATED FOR MEN

Since **SOLGAR** 1947

MALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR MEN

DIETARY SUPPLEMENT

60 TABLETS
SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calcium.....15	1%	Phosphorus.....99 mg...	3%
Total Carbohydrate.....3 g.....	1%	(as potassium glycinate complex)	
Dietary Fiber.....2 g.....	8%	Citrus Bioflavonoids.....100 mg...	
Protein.....1 g.....	2%	Choline (as choline bitartrate).....100 mg...	
Vitamin A (as natural beta-carotene).....15,000 IU.....	300%	Iron.....7 mg.....	
Vitamin C (as L-ascorbic acid).....400 mg.....	667%	Pantothenic.....6 mg.....	
Niacinamide (ascorbate).....400 IU.....	100%	Coccarboxylase.....6 mg.....	
Vitamin E (as ergosterol).....400 IU.....	100%	Redoxin-S-Phosphate.....6 mg.....	
Vitamin B1 (as D-alpha tocopheryl succinate).....50 mg.....	333%	(as boron glycinate complex).....250 mg...	
Thiamin (as thiamin mononitrate).....50 mg.....	333%	Electrolyte Extract (4:1).....25 mg...	
Riboflavin.....50 mg.....	333%	(root) (Eleutherococcus senticosus)	
Niacin.....60 mg.....	300%	Standardized American Ginseng.....25 mg...	
(as niacinamide ascorbate, niacin)		(Panax quinquefolium)	
Vitamin B6 (as pyridoxine HCl).....75 mg.....	3750%	Standardized Korean Ginseng.....25 mg...	
Vitamin B12 (as cobalamin).....500 mcg.....	833%	(Ginsenosides 3 mg (0.1%))	
Biotin (as D-biotin).....300 mcg.....	100%	Standardized Tongkat Ali.....25 mg...	
Pantothenic Acid.....80 mg.....	800%	(Ginsenosides 2 mg (0.1%))	
(as D-Ca pantothenate).....400 mg.....	40%	Saw Palmetto Extract (4:1)	
(as calcium carbonate, glycinate, citrate)		(berry) (Serenoa repens).....25 mg...	
Iron.....0.5 mg.....	3%	Singhri Nettles Extract (4:1)	
(as ferrous potassium iodide).....1.5 mg.....	75%	(Sedum spectabile)	
Copper (as cupric glycinate).....2 mg.....	100%	Pycnogenol Extract.....25 mg...	
(as magnesium oxide, glycinate, citrate)		(Pycnogenol africanum)	
Zinc.....50 mg.....	333%	Standardized Soy Isoflavone	
(as zinc glycinate).....200 mcg.....	268%	Extract (select).....25 mg...	
Selenium.....50 mcg.....	100%	(Soybean extract).....172 mg...	
(as L-selenomethionine)		Cardenol Mix.....	
Copper (as copper glycinate).....1.5 mg.....	75%	(alpha-cardene, lutein,	
Manganese.....200 mcg.....	100%	zeaxanthin, cryptoxanthin)	
(as chromium picolinate, glycinate)			
Chromium.....200 mcg.....	167%		
(as chromium picolinate, glycinate)			
Molybdenum.....50 mcg.....	67%		
(as sodium molybdenum glycinate)			
Sodium.....25 mg.....	1%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Starch Acid, Vegetable Glycerin, Croscoll (color), Titanium Dioxide.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at bedtime, or as directed by a healthcare practitioner.

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 control center immediately.

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