

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 (LuteMax®)	3 mg *
Saw Palmetto Extract (<i>Serenoa repens</i>)	100 mg *
Tomato Powder Extract	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), natural orange flavor, modified cellulose gum, cinnamon oil, and glycerin.

SUGGESTED USE: Take three tablets daily with food.

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

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

Lutemax™ LuteMax® is a registered trademark of Kancor.

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

FOOD RICH MEN'S MULTI

Iron Free Multi with
Standardized Herbal Extracts & Lutein

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)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	300 mg 500%
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)	200 mg 20%
Iodine (from 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 manganese gluconate)	2 mg 100%
Chromium (from chromium nicotinate)	200 mcg 167%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN.

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