

Suggested Usage: Take 3 capsules daily with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packets. Keep in Bottle.

Natural color variation may occur in this product.



ADAMTM

Capsules

Superior Men's Multi

- With Saw Palmetto, Lycopene, Alpha Lipoic Acid & CoQ10
- Plus Natural Trans-Resveratrol & Grape Seed Extract

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Menaquinone K2 and Phytanadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg	175%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg	5%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	0.5 mg	25%

Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	200 mcg	167%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto (Berry) (<i>Serenoa repens</i>)	160 mg	†
Alpha Lipoic Acid	50 mg	†
Organic Aloe Vera (Leaf) (Concentrate)	50 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols)	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
CoQ10 (Coenzyme Q10)	15 mg	†
Natural Trans-Resveratrol (from Japanese Knotweed Extract (<i>Polygonum cuspidatum</i>) (Root))	10 mg	†
Lycopene (from Natural Tomato Extract)	3 mg	†
Lutein (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Cellulose Powder, Cellulose (capsule), Stearic Acid (vegetable source) and Silica. Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.



U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.



CAPSULE SIZE

CODE 3878C V13