

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

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), SILICA, MAGNESIUM STEARATE (VEGETABLE SOURCE), MODIFIED CELLULOSE, MODIFIED CELLULOSE GUM, BEET ROOT FIBER, CINNAMON OIL, 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.

Lutemax™ 2020 trademark belongs to
OmniActive Health Technologies Ltd.

We Guarantee Our Supplements for Potency and Purity
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)	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 375%
Vitamin B6 (as pyridoxine HCl)	75 mg 3750%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	100 mcg 1667%
Biotin	600 mcg 200%
Pantothenic acid (as d-calcium pantothenate)	200 mg 2000%
Calcium (Calcium citrate, di-calcium phosphate, calcium ascorbate)	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 L-selenomethionine)	100 mcg 143%
Copper (from copper gluconate)	0.5 mg 25%
Manganese (from manganese gluconate)	2 mg 100%
Chromium (from chromium nicotinate)	150 mcg 125%
Molybdenum (from sodium molybdate)	75 mcg 100%

KEEP OUT OF REACH OF CHILDREN.

VVL 518-90H

