

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Choline (bitartrate).....	180 mg *	Tomato Powder.....	10 mg *
Saw Palmetto (Serenoa repens) (berry).....	100 mg *	Lemon Bioflavonoid Complex.....	10 mg *
Cinnamon Powder.....	100 mg *	Lutein/Zeaxanthin (from Lutemax™ 2020).....	3.75 mg *
Bilberry.....	50 mg *	(from Tagetes erecta).....	2 mg *
Ginger.....	40 mg *	Lycopene (Lyc-O-Mato®).....	200 mcg *
Inositol.....	30 mg *	Vanadium.....	2 mcg *
Betaine HCl.....	25 mg *		
Grapeseed extract.....	20 mg *		
Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase).....	20 mg *		

* Daily Value not established.

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

SUGGESTED USE: Take three tablets daily preferably with food.

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

 Lutemax™ 2020 is a registered trademark of Lycopodium Natural Products Limited, Inc. Lutemax™ 2020 trademark belongs to Lycopodium Natural Products Limited, Inc. Lycopodium Natural Products Limited, Inc. Lycopodium Natural Products Limited, Inc.

We Guarantee Our Supplements for Potency and Purity

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison center.

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

FOOD RICH MEN'S 45⁺ MULTI

Nutritional Support for the Mature Man

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).....	2500 IU 50%
Vitamin C (as ascorbic acid).....	300 mg 500%
Vitamin D3 (as cholecalciferol).....	400 IU 100%
Vitamin E (d-alpha tocopheryl succinate).....	75 IU 250%
Thiamin (as thiamin mononitrate).....	60 mg 4000%
Riboflavin.....	60 mg 3529%
Niacin (as nicotinic acid).....	30 mg 150%
Vitamin B6 (as pyridoxine HCl).....	60 mg 3000%
Folic Acid.....	800 mcg 200%
Vitamin B12 (as cyanocobalamin).....	400 mcg 6667%
Biotin.....	300 mcg 100%
Pantothenic acid (as d-calcium pantothenate).....	100 mg 1000%
Calcium (Calcium citrate, di-calcium phosphate).....	240 mg 24%
Iron (from ferrous fumarate).....	4 mg 22%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from magnesium oxide).....	200 mg 50%
Zinc (from zinc oxide).....	30 mg 200%
Selenium (from L-selenomethionine).....	200 mcg 286%
Copper (from cupric oxide).....	2 mg 100%
Manganese (from manganous gluconate).....	2 mg 100%
Chromium (from chromium chloride).....	200 mcg 167%
Molybdenum (from sodium molybdate).....	45 mcg 60%

KEEP OUT OF REACH OF CHILDREN.

VVL 538-90H

