

Suggested Usage: Take 2 softgels daily with food.

These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

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

Store in a cool, dry place after opening.

Please Recycle.



ADAM™ Softgels

Superior Men's Multi

- With Saw Palmetto, Plant Sterols, Lycopene & CoQ10
- Gentler and Easier to Swallow & Absorb

90 Softgels
A Dietary Supplement



SOFTGEL SIZE

CODE 3880B V6

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin A [60% as Beta-Carotene (Betatene®) and 40% as Retinyl Palmitate]	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	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 Cyanocobalamin and Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Cal. Ascorbate, Aquamin® F Seaweed Derived Minerals and Calcium Pantothenate)	55 mg	6%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Magnesium Citrate and Aquamin® F Seaweed Derived Minerals)	25 mg	6%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from Selenium Glycinate Complex)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	500 mcg	25%

Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	3 mg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg	†

† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Pumpkin Seed Oil, Sunflower Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) (Bark) Oil.

Contains soy.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

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

Natural color variation may occur in this product.

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