



MEN'S EVERYDAY ONE

FOOD
BASED

60 TABLETS
DIETARY SUPPLEMENT

Directions: Take 1 tablet daily with a meal.
Store in a cool dry place away from direct sunlight.

Supplement Facts

Serving size: 1 tablet (925mg) Servings per container: 60

Amount per serving	%DV*	Amount per serving	%DV*
Vitamin A	5000 IU 100%	Molybdenum	75 mg 100%
Vitamin C	120 mg 200%		
Vitamin D3	800 IU 200%	Men's Energy and Stamina Blend	100 mg †
Vitamin E	30 IU 100%	(Saw Palmetto Berry Extract 4:1, Nettle	
Vitamin K	100 mcg 125%	Leaf Extract, Korean Ginseng Extract,	
Thiamin	1.5 mg 100%	Lycopene Concentrate (1 mg Lycopene)	
Riboflavin	1.7 mg 100%	Proprietary Amino Acid Blend	25 mg †
Niacin	20 mg 100%	(L-Glutamine, L-Arginine HCl, L-Valine,	
Vitamin B6	2 mg 100%	L-Leucine, L-Isoleucine, L-Cystine,	
Folic Acid	400 mcg 100%	L-Lysine HCl, L-Threonine)	
Vitamin B12	6 mcg 100%	Absorption Boost Blend	10 mg †
Biotin	30 mcg 10%	(BioPerine®, Ginger Extract)	

*Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established

Nutrition Facts per serving:

Calories/Energy 0.7kcal/3kJ, **Protein** 0g (0% DV*), **Total**
Fat 0.03g (0% DV*), **Saturated Fat** 0.03g (0% DV*), **Trans**
Fat 0g, **Total Carbohydrates** 0.1g (0% DV*), **Sugars** 0g,
Dietary Fiber 0g (0% DV*), **Sodium** 1.3mg (0% DV*)

This product is not intended to diagnose, treat, cure or prevent any disease.

Ingredients: Algae, ascorbic acid, anti-caking agent (microcrystalline cellulose, stearic acid, silicon dioxide), zinc citrate, saw palmetto, magnesium oxide, molybdenum amino acid chelate, nettle, d-alpha-tocopheryl acid succinate, niacinamide, copper bisglycinate chelate, stabilizer (croscarmellose sodium), selenium amino acid chelate, L-glutamine, beta carotene beads, d-calcium pantothenate, lycopene, manganese citrate, phytonadione titration, panax ginseng, cholecalciferol, ginger, selenomethionine, chromium nicotinate glycinate chelate, folic acid titration, biotin titration, pyridoxine hcl, black pepper, thiamin mononitrate, l-arginine hcl, l-isoleucine, l-leucine, l-lysine hcl, l-threonine, l-valine, l-cystine, cyanocobalamin titration, vegetable coating (hypromellose, polydextrose, titanium dioxide, talc, riboflavin, spirulina, medium chain triglyceride)

Aquamin® is a registered trademark of Marigot Limited. BioPerine® is a registered trademark of Sabinsa Corporation. Non-GMO, naturally gluten free, no artificial colors or flavors



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LifeNutrition.com

Made in USA

Net Weight: 55.5g (1.96oz)

Distributed by:

USA: Life Nutrition Group Inc. Brooklyn, NY 11220

Hong Kong: Life Nutrition Int'l Co. Ltd. 2813, 188 Connaught Rd W



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