

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

†US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

††Naturally occurring; therefore amount may vary.

†††Not Genetically Modified, Soy From Nature®

For more information, call toll-free

1-877-SOLGAR 4

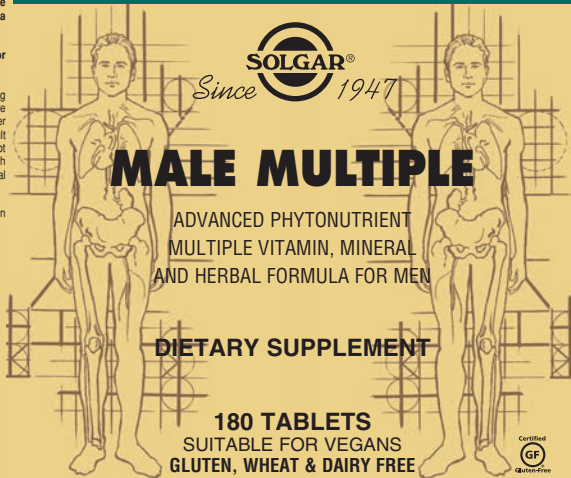
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SOLGB78154 03C



FORMULATED FOR MEN



CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	10	Molybdenum (as molybdenum glycinate chelate†).....	111%
Total Carbohydrate	2 g1%*	Sodium††	<1%
Protein	1 g2%*	Potassium (as potassium amino acid complex†).....	2%
Vitamin A (as natural beta-carotene)	4,500 mcg500%		
Vitamin C.....	400 mg444%	Citrus Bioflavonoid Complex	100 mg**
(as L-ascorbic acid, niacinamide ascorbate)		Inositol	100 mg**
Vitamin D (as ergocalciferol)	10 mcg50%	Pantethine	7 mg**
Vitamin E (as D-alpha-tocopheryl succinate)	268 mg1,787%	Coccarboxylase	6 mg**
Thiamin (as thiamin mononitrate)	50 mg4,167%	Pyridoxal-5'-Phosphate	6 mg**
Riboflavin	50 mg3,846%	Riboflavin-5'-Phosphate	6 mg**
Niacin (as niacinamide ascorbate, niacin).....	60 mg375%	Boron (as Bororganic Glycinate†)	250 mcg**
Vitamin B6 (as pyridoxine HCl).....	75 mg4,412%	Eleuthero Extract (4:1)	25 mg**
Folate	1,333 mcg DFE333%	(root) (<i>Eleutherococcus senticosus</i>)	
(800 mg Folic Acid)		Standardized American Ginseng	25 mg**
Vitamin B12 (as cyanocobalamin).....	500 mcg20,833%	Extract (root) (<i>Panax quinquefolius</i>)	
Biotin (as D-biotin).....	300 mcg1,000%	(ginsenosides 2.5 mg [10%])	
Pantothenic Acid (as D-Ca pantothenate).....	80 mg1,600%	Standardized Korean Ginseng	25 mg**
Choline (as choline bitartrate)	100 mg18%	Extract (root) (<i>Panax ginseng</i>)	
Calcium	400 mg31%	(ginsenosides 2 mg [8%])	
(as calcium carbonate, glycinate chelate†, citrate)		Saw Palmetto Extract (4:1) (berry) (<i>Serenoa repens</i>).....	25 mg**
Iodine (as potassium iodide)	150 mcg100%	Stinging Nettle Extract (4:1) (leaf) (<i>Urtica dioica</i>).....	25 mg**
Magnesium	400 mg95%	Pygeum Extract (bark) (<i>Pygeum africanum</i>)	25 mg**
(as magnesium oxide, glycinate chelate†, citrate)		Soy Germ Extract†††	25 mg**
Zinc (as zinc glycinate chelate†)	50 mg455%	Sodium Copper Chlorophyllin	4 mg**
Selenium (as L-selenomethionine).....	200 mcg364%	Lycopene (from tomato)	1 mg**
Copper (as copper glycinate chelate†)	1.5 mg167%	Carotenoid Mix	172 mcg**
Manganese (as manganese glycinate chelate†).....	2 mg87%	(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Chromium.....	200 mcg571%		
(as chromium nicotinate glycinate chelate†)			

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Titanium Dioxide (color).
Contains soy ingredients.