

Men's 50 PlusTM

Multi

multi-vitamin supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size: 2 Vegetarian Tablets

Servings Per Container: 30

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A (100% as natural beta carotene).....	2,500 IU..... 50	Chromium (GTF, from Chromate TM).....	120 mcg..... 100
Vitamin C.....	120 mg..... 200	Molybdenum (from molybdenum amino acid chelate).....	75 mcg..... 100
(from calcium ascorbate and magnesium ascorbate)		Chloride (from potassium chloride).....	72 mg..... 2
Vitamin D (ergocalciferol).....	1,000 IU..... 250	Potassium (from potassium chloride).....	80 mg..... 2
Vitamin E.....	30 IU..... 100		
(natural d, alpha-tocopheryl succinate)		Phytosterol Complex.....	100 mg.....*
Thiamin (from thiamine mononitrate).....	30 mg..... 2,000	(contains 60 mg beta-sitosterol, 30 mg campesterol,	
Riboflavin.....	34 mg..... 2,000	and 20 mg stigmasterol)	
Niacin (from niacinamide and niacin).....	40 mg..... 200	Ashwaganda Root (Withania somnifera).....	100 mg.....*
Vitamin B6 (from pyridoxine HCl).....	40 mg..... 2,000	Green Tea Standardized Extract.....	75 mg.....*
Folic Acid.....	400 mcg..... 100	(Camellia sinensis Leaf, standardized to 50% polyphenols)	
Vitamin B12 (as cyanocobalamin).....	120 mcg..... 2,000	Bromelain 1200 GDU/g.....	75 mg.....*
Biotin.....	50 mcg..... 16	Stinging Nettle 4:1 Root Extract (Urtica dioica).....	60 mg.....*
Pantothenic Acid (from d-calcium pantothenate).....	100 mg..... 1,000	Blueberry Fruit 4:1 Extract (Vaccinium spp.).....	50 mg.....*
Calcium.....	100 mg..... 10	Astragalus Root (Astragalus membranaceus).....	35 mg.....*
(from calcium carbonate and calcium ascorbate)		Pygeum africanum Bark.....	30 mg.....*
Iodine (kelp).....	150 mcg..... 100	Curcumin C ³ Complex [®]	25 mg.....*
Magnesium (from magnesium ascorbate).....	25 mg..... 6	Pumpkin Seed 4:1 Extract (Cucurbita pepo).....	25 mg.....*
Zinc (from zinc citrate).....	15 mg..... 100	Lutein (natural).....	2 mg.....*
Selenium (from L-selenomethionine).....	70 mcg..... 100	Boron (from boron citrate).....	0.5 mg.....*
Copper (from copper gluconate).....	1 mg..... 50	Lycopene.....	0.5 mg.....*
Manganese (from manganese citrate).....	2 mg..... 100		

* - % Daily Value * - Daily Value Not Established

Other Ingredients: Cellulose, vegetable stearate, silica, and chlorophyll.
NO salt, yeast, wheat, milk & egg products, sugar, or preservatives.

Two tablets daily with meals, as a dietary supplement.

Curcumin C³ Complex[®] is a patented product of Sabinsa Corporation.

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