Saw Palmetto

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Saw Palmetto Extract (*Serenoa repens*(berry) std. to 85-95% Fatty Acids (272 mg - 304 mg), 0.15% Sterols (480 mg))	320 mg	*

* Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

L-Citrulline

Supplement Facts

Serving Size 2 Veggie Capsules

	Amount Per Serving	% Daily Value
L-Citrulline	1000 mg	*

* Daily Value not established.

Other ingredients: Vegetable cellulose, microcrystalline cellulose, magnesium stearate, silica.

Omega-3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value[1]
Calories	10	
Total Fat	1 g	1%
Vitamin E (as d-alpha tocopheryl acetate)	14 mg	93%
Fish Oil Concentrate providing:	1100 mg	*
EPA (Eicosapentaenoic Acid)	600 mg	
DHA (Docosahexaenoic Acid)	240 mg	

[1] Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Gelatin, glycerin, water.

Contains: Fish (anchovy, sardine) and Soy.

Does not Contain: Wheat, Gluten, Salt, Dairy, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are taking any medications or have any medical conditions.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Tri-Sorb™ is a trademark of Vitamin Shoppe Industries, Inc.

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

CONTENTS MAY VARY SLIGHTLY IN COLOR AND SIZE.
THIS DOES NOT REFLECT A VARIATION IN POTENCY.

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mytrition®

men 50+

Designed to bring you the benefits of the most advanced nutritional science in a convenient once-daily dose. Each personal pack includes a precise combination of high-quality tablets, capsules and softgels designed to provide you with a wide spectrum of supplements including vitamins and minerals, powerful antioxidants, targeted herbs and essential fatty acids.

MULTIVITAMINS
provides essential vitamins and minerals along with important antioxidants to help fill nutritional gaps and support overall health and wellness.[V]

L-CITRULLINE
an amino acid that helps promote nitric oxide to support circulation and cardiovascular health.[V]

OMEGA-3 FISH OIL
high potency omega-3 EPA (600 mg) and DHA (240 mg) to support cardiovascular, brain and eye health. Also supports healthy triglyceride levels.[V]

SAW PALMETTO EXTRACT
helps support prostate health.[V]

mytrition®

men 50+

personal packs™

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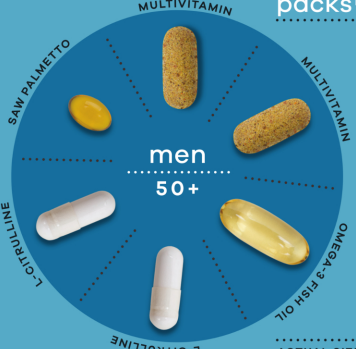
dietary supplement

30 DAY SUPPLY

empowered. energized. exceptional.

personal packs™



ACTUAL SIZE

DIRECTIONS: Take one Personal Pack daily in between meals.

Men's High-Potency Multivitamin

Supplement Facts

Serving Size 2 Tablets

	Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A acetate and beta carotene)	1125 mcg	125%
Vitamin C (as Active C® (as Tri-Sorb™ Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate))	300 mg	333%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopherol succinate)	25 mg	167%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamine (Vitamin B1) (as thiamine mononitrate)	50 mg	4167%
Riboflavin (Vitamin B2)	50 mg	3846%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	50 mg	2941%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	50 mcg	2083%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Calcium (as calcium carbonate, Active C®, dicalcium phosphate)	200 mg	15%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C®)	25 mg	6%
Zinc (as zinc oxide and Active C®)	25 mg	227%
Selenium (as amino acid chelate)	200 mcg	364%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as amino acid chelate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Choline (as choline bitartrate)	10 mg	2%
Fruit & Veggie Blend (Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder, Pumpkin Seed Meal, Spinach Powder, Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (seed), Cauliflower Powder, Saw Palmetto Powder, Kale Powder, Brussels Sprout Powder, Broccoli Powder, Apple Powder (fruit), Kiwi Powder (fruit))	105 mg	*
Amino Acid Blend (Taurine, L-Methionine, L-Glutamine, L-Arginine (as L-Arginine HCl), L-Carnitine (as L-Carnitine Tartrate))	100 mg	*
Alpha Lipoic Acid	50 mg	*
Green Tea Extract (*Camellia sinensis*(leaf) std to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg))	50 mg	*
Grape Seed Extract (*Vitis vinifera*(seed) std to 95% Proanthocyanidins (23.75 mg)	25 mg	*
Pomegranate Extract (*Punica granatum*(fruit) std to 40% Ellagic Acid (10 mg)	25 mg	*
Inositol	10 mg	*
Black Pepper Concentrate	5 mg	*
Silica (as silicon dioxide)	4 mg	*
Boron (as amino acid chelate)	2 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, carnauba wax, pharmaceutical glaze, hypromellose, natural vanilla, glycerin.