

Saw Palmetto

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Saw Palmetto Extract (Glycerol expeller/berry) std. to 85-95% Fatty Acids (272 mg - 384 mg) 0.15% Sterols (480 mcg)	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
Calories	10	
Total Fat	1 g	1%
Vitamin E (as d-alpha tocopheryl acetate)	14 mg	93%

Fish Oil Concentrate providing: EPA (Eicosapentaenoic Acid) DHA (Docosahexaenoic Acid)	1100 mg 600 mg 240 mg	*
---	-----------------------------	---

* 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.

ACTIVE-C® Active-C® is a registered trademark of Vitamin Shoppe Industries, Inc.
Tri-Scorb™ 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.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-800-223-1216

for more information and to reorder.

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.▼

L-CITRULLINE

an amino acid that helps promote nitric oxide to support circulation and cardiovascular health.▼

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.▼

SAW PALMETTO EXTRACT

helps support prostate health.▼

mytrition®

men 50+



personal
packs™

DESIGNED
SPECIFICALLY
FOR YOU

dietary
supplement

30 DAY
SUPPLY

Directions: Take one Personal Pack daily with 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-Scorb® 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 (400 mcg folic acid)	400 mcg	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	93%
Chromium (as amino acid chelate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Choline (as choline bitartrate)	10 mg	2%

	Amount Per Serving	% Daily Value
Fruit & Veggie Blend	105 mg	*
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)		
Amino Acid Blend	100 mg	*
Threonine, L-Methionine, L-Glutamine, L-Arginine (as L-Arginine HCl), L-Carnitine (as L-Carnitine Tartrate)		
Alpha Lipic Acid	50 mg	*
Green Tea Extract	50 mg	*
(Carnellia sinensis)(leaf) std to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg)	25 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)	10 mg	*
Inositol	5 mg	*
Black Pepper Concentrate	5 mg	*
Silica (as silicon dioxide)	4 mg	*
Boron (as amino acid chelate)	2 mg	*
Lutelin	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Ascoranthin	50 mcg	*
Xanthan	50 mcg	*

* Daily Value not established.

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

Item No. VS-3158 2097418



empowered, energized, exceptional.

